

The Origin of the Pretzel

Did you know that pretzels originated with Lent almost 1500 years ago? Small breads made from flour, water, and salt were twisted to resemble the crossed arms of a person in prayer. For many people they replaced regular bread that included eggs, milk, and butter as many people at that time were very strict about the Lenten fast and avoided meat, cheese, milk, cream, butter and eggs.

To remind themselves that Lent was a time of prayer, they twisted their bread into the shape of crossed arms since this was a familiar form of praying in those days. This was an especially popular “treat” for children who learned to say their prayers.

Today, many families still serve pretzels at some Lenten meals because it can still remind us to pray and fast during this season.



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