

Breadsticks

Ingredients

1 ½ cups warm water
2 tsp yeast
2 tbsp sugar
4 ¼ cups Crushed Wheat #1
– adding more if dough is sticky
¼ cup Crushed Flax
2 tbsp butter melted
1 tbsp salt



Directions

In a large bowl, dissolve sugar and yeast in warm water and allow to sit for 10 minutes, covered. Mixture should be frothy. Then add Crushed Wheat #1, Crushed Flax, and salt. Add melted butter. Mix until fully combined. Knead dough for a few minutes until smooth.

Grease cookie sheet. Pull off pieces of dough and roll into strips (we got 10 breadsticks). Cover dough and let sit in warm place for 45-60 minutes.

Preheat oven to 400 °F and once heated pop in breadsticks.

In microwave, combine the following: 1 stick butter, 1 tbsp garlic powder, and 1 tsp salt.

After breadsticks have cooked for 6 or 7 minutes, brush the breadsticks with half the butter mixture. Then continue to bake for 5-8 more minutes. Immediately upon removal from the oven brush the other half of butter on the breadsticks. Allow to cool for a few minutes before eating.

His Saving Grains

www.healthygraincrushing.com