

# BREADSTICKS

Makes 24 breadsticks



**Breadsticks are an ideal accompaniment to soups, salads and dips. They can also be eaten on their own as a snack.**

INGREDIENTS	EQUIPMENT
175g strong plain flour	mixing bowl
50g wholemeal flour	measuring jug
1 x 7g sachet easy blend microfine yeast	tablespoon
150ml warm water	wooden spoon
2 tablespoons olive oil	flour dredger
extra flour for kneading	3 baking trays
extra olive oil for brushing the sticks	cooling tray

## METHOD

1. Put the flour in the mixing bowl. Add the dried yeast and stir
2. Pour the oil and warm water into the flour. With a wooden spoon, mix to a soft dough.
3. Divide the mixture into 24 pieces. With your hands roll each piece into a long thin sausage shape.
4. Heat the oven to 220°C/Gas7.
5. Place the breadsticks onto the 3 baking trays. Leave to rise for 10 minutes.
6. Bake for 10-15 minutes until crispy and golden-brown.
7. Remove from the baking trays and place on a cooling tray.

## RECIPE NOTES AND TIPS

- Ensure that the water is warm, not hot
- Store the breadsticks in an airtight tin once they are cool.
- If the breadsticks are not rolled thinly enough they will be soft rather than crispy.
- Use the breadsticks to dip into hummus or Food for Life's Green Pea Pate.
- No salt is added to this recipe. For extra flavour, sprinkle the breadsticks with sesame or poppy seeds before baking.

## ALLERGY AWARE

This recipe contains:

- Gluten (flour)
- Sesame seeds (optional)

Per breadstick (13g)

	<b>ENERGY</b> 181kJ / 43kcal	2%
<b>MED</b>	<b>FAT</b> 1.1g	2%
<b>LOW</b>	<b>SATURATES</b> 0.2g	1%
<b>LOW</b>	<b>SUGARS</b> 0.1g	<1%
<b>LOW</b>	<b>SALT</b> Trace	<1%

% of an adult's reference intake

Typical values per 100g : Energy 1390kJ / 330kcal

NUTRITION INFORMATION		
Typical Values	Amount per 100g	Amount per serving (13g)
Energy	1390kJ / 330kcal	181kJ / 43kcal
Protein	10.1g	1.3g
Carbohydrate (of which sugars)	51.6g (0.5g)	6.7g (0.1g)
Fat (of which saturates)	8.3g (1.3g)	1.1g (0.2g)
Fibre	4.1g	0.5g
Salt	Trace	Trace