

Bread Sticks

1 $\frac{3}{4}$ cup whole wheat flour

1-2 Tbsp sugar

1 tsp salt

$\frac{1}{2}$ cup cold water

2 Tbsp oil

Mix dry ingredients first. Add oil to dry and mix thoroughly and evenly. Add cold water slowly and knead into a ball of dough.

Can be rolled into round sticks, by rolling between your hands) or roll out to about $\frac{1}{8}$ – $\frac{1}{4}$ " thick with a rolling pin and cut into rectangles or squares.

Place on baking sheet and bake at 350° until lightly brown, 10-15 minutes.

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Alternate ideas to add:

$\frac{1}{2}$ cup coconut or $\frac{1}{2}$ cup finely chopped nuts. These should be added to the dry ingredients.

Nutrition Facts: Servings 15; Amount per serving: Calories 72; Total Fat 2g; Saturated Fat 0.3g; Cholesterol 0mg; Sodium 156mg; Total Carbohydrate 11.9g; Dietary Fiber 0.4g; Total Sugars 0.8g Protein 1.5g Vitamin D 0mcg, Calcium 3mg, Iron 1mg, Potassium 16mg

From Carolyn Lipscomb