

Breadsticks

I had played around with many recipes trying to develop a yeast-free breadstick recipe. Most of the time they wound up being a glorified biscuit and hard and dense at that. These breadsticks are wonderful. Very quick to prepare and they have just the right texture and consistency.

Makes 6 breadsticks

Preheat oven to 450 degrees. Spread or brush 2 tablespoons of **olive oil** across the bottom of a large baking tray.

In mixing bowl, whisk together:

½ cup **tapioca flour**
 ½ cup **white rice flour**
 ¼ cup **sweet rice flour**

Then whisk in:

2 teaspoons **sugar**
 1¼ teaspoons **konjac powder** or **xanthan gum**
 1 teaspoon **cream of tartar**
 ½ teaspoon **baking soda**
 ½ teaspoon **sea salt**

Add:

cup **milk** or **non-dairy milk substitute** or **water**

Beat on low speed for 45 seconds or until dough comes together and pulls away from sides of bowl and forms a ball. Dough will be sticky and tacky.

Divide the dough into 6 equal pieces and form into balls. Take a ball of dough and knead it well in hands. (I place my hands in the oiled tray, so they won't stick to the dough.) Then roll dough into a stick shape roughly 5 inches long by ¾-inch thick.

Place breadsticks on baking sheet and roll in the olive oil on the tray. Sprinkle with **sesame seeds**, **sea salt** or **Italian seasoning** if desired. Bake for 14 – 18 minutes or until golden. Best served warm from the oven.

Variation: Add ¼ teaspoon oregano and garlic powder to flour mixture.
