

Garlic Breadsticks (vegan)



Ingredients

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| 3-3 ½ cups | white whole wheat flour |
| 2 Tbs. | honey |
| 2 Tbs. | canola oil |
| 1 tsp. | salt |
| 2 packages | instant dry yeast |
| 1½ cup | hot water |
| as needed | garlic salt (may use garlic powder) |



Directions

Start with 2 cups of flour, and mix remaining ingredients except for the garlic salt. Knead until dough is very smooth, elastic, and forms a ball. Add extra flour occasionally while kneading to prevent sticking. Cover the dough with a damp dish towel, and let rest for about five minutes. Flour your hands and pat the dough into a rectangle on a well floured work surface.

With the rolling pin, roll the dough to a 16x6 inch rectangle, pressing evenly so the breadsticks will be uniform in thickness. Spray dough with non-stick cooking spray. Cover the dough with the damp dish towel, and let rise until doubled in bulk, 1-1 ½ hours. Heat oven to 425 degrees. Spray baking sheets with a vegetable cooking spray, or brush with a small amount of olive oil. Lightly brush the dough with water. With a Chef's knife, cut the dough across into 32 strips, each about ½ inch wide. Stretch 1 strip of dough to the width of a baking sheet. Set it on one of the prepared baking sheets, letting the dough come just to the edges. Repeat to stretch the remaining strips, arranging them ¾ inches apart. Sprinkle tops of strips with garlic salt. Bake in the pre-heated oven two baking sheets at a time, until golden and crisp, 15-18 min, then transfer to wire rack and cool completely.

*Keep the third sheet of unbaked breadsticks in the refrigerator until there is room in the oven to bake them.

Yields: 24 – ½ cup servings

Note: Sometimes I like to make them a little more fancy. To do that, when placing the strips of dough on the baking sheet, hold down one end with one hand while gently twisting the other end until you get a "spiral" effect. Then press down both ends to the baking sheet so you won't lose the spiral.

—Brenda