

Garlic Breadsticks

Prep Time: 15 minutes

Cook Time: 12 minutes

Total Time: 27 minutes

Servings: Makes 10 breadsticks

Serving Size: 1 breadstick

Ingredients:

- 1 ¼ cup blanched almond flour
- 1 large organic, pastured egg
- 2 teaspoons olive oil
- 1 teaspoon honey
- ¼ teaspoon salt
- 1 teaspoon garlic granules or 1-2 cloves fresh garlic, minced
- 1 teaspoon olive oil or ghee (optional)

Directions:

1. Preheat oven to 350 degrees.
2. Place all ingredients in the bowl of a stand mixer and mix on medium speed until a ball of dough forms – it will be sticky.
3. Divide dough into 10 equal balls, a little smaller than golf balls, and place on a large piece of parchment paper.
4. Use your fingertips to gently roll each ball back and forth between your fingertips and the parchment until a you've made a long stick, about 8 inches in length. If your dough begins to crack, simply wet your fingertips and apply a bit of moisture.
5. Place breadsticks on top of a parchment lined baking sheet use a pastry brush to brush with a bit more olive oil or melted ghee.
6. Place in oven and bake for 12 minutes or until browned, turning over half way through baking time.

Tips and Tricks:

If you are a garlic fan, sprinkle an extra 1/4 - 1/2 teaspoon garlic granules on top of the olive oil before placing breadsticks in the oven.

You can make these any flavor you want, if you are not a fan of garlic, then use rosemary, thyme, oregano and basil, or sage.

Nutritional Information Per Serving:

Calories: 168
Fat: 15 g
Cholesterol: 18.6 mg
Sodium: 75.3 mg
Total Carbohydrate: 6.7 g
Dietary Fiber: 3.0 g
Sugars: 1.6 g
Protein: 6.7 g