

# Italian Breadsticks

## Ingredients

- 1/3 c. warm water
- 1 T. agave or honey
- 1 package rapid rise yeast
- ½ c. cashews
- 2/3 c. water
- 2 garlic cloves, minced
- ¼ c. oat flour
- 2 ½ c. white spelt flour
- 1 t. salt
- ½ t. Italian seasoning
- ½ t. onion powder

## Instructions

1. Place the 1/3 c. warm water in medium bowl and stir in the sweetener and yeast.
2. Blend cashews and 2/3 c. water in blender until smooth. Place in bowl with dissolved yeast.
3. Stir in oat flour, minced garlic, salt and seasonings. Add spelt flour gradually until a soft dough is formed, adding more as needed.
4. Knead lightly for 3-4 minutes until smooth on a well-floured surface.
5. Sprinkle some cornmeal lightly on a non-stick baking tray. Place dough on tray, and use hands and rolling pin to cover tray evenly.
6. Use a pizza cutter and score into breadsticks.
7. Sprinkle with vegan parmesan and press into dough. Let rise 15 minutes.
8. Bake at 375° for 12-14 minutes until lightly browned.

***“Skill is required to make good light bread. There is religion in good cooking.”***

*Child Guidance 374*