

Gluten-Free Bread Sticks (Kind of like Olive Garden)

Fantastic! Super easy! Best recipe I've found in a while! I love warm breadsticks, and this recipe is a pot of gold!

Serves: 3 (if you each eat 2 breadsticks)

Prep Time: 20 minutes

Cook Time: 12 minutes

Yield: 6 breadsticks

1 tablespoon yeast

2 tablespoons sugar or honey

2/3 cup warm water

2 cups Gluten Free Flour Blend

2 teaspoons xanthan gum if not in mix

1/2 teaspoon salt

1/2 teaspoon baking powder

1 egg

1/3 cup olive oil

1 teaspoon vinegar

1 tablespoon olive oil

1 teaspoon garlic salt



Line a baking sheet with parchment paper and brush with a small amount of olive oil. In a 2 cup measuring cup, whisk together yeast, sugar or honey, and warm water. Let stand 3-5 minutes until bubbly and almost double in size to activate the yeast. While that is proofing, add gluten free flour, xanthan gum if needed, salt, and baking powder to the bowl of the Bosch mixer. Mix with a cookie paddle or dough hook attachment until combined. When the yeast mixture is ready, add it to the flour mixture. Also add the egg, olive oil, and vinegar. Mix on medium speed for 3 minutes, until smooth. The dough will be too sticky to handle with your hands unless super well greased. With a spatula, scoop dough into a gallon size zip lock bag, press air out and seal bag. Then cut a 1 inch diagonal line across one corner, but not one with a zipper! Pipe the dough onto your prepared baking sheet, leaving about 2 inches between each breadstick. I got about six 9 inch long breadsticks. Let the breadsticks rise for 10 minutes, or until they've increased in size about 50%. They don't need to rise tons- they will continue to rise in the oven more. If they rise too much, they will sink in the oven! While they rise, heat the oven to 350 degrees. Once ready, cook for about 12-14 minutes or until lightly golden brown. Whisk 1 tablespoon oil and garlic salt together in small bowl. Lightly brush breadsticks with mixture. These are fantastic warm! They can be reheated for 15 seconds in the microwave on a later day.