

Breadsticks with Quinoa Flour

Prep Time: 35 minutes
Cook Time: 20 minutes
Total Time: 55 minutes

Yield: 30 breadsticks
Serving Size: 1 breadstick
Calories per serving: 77
Fat per serving: 1.2g

Recipe adapted from [Gluten-Free Makeovers](#)

Ingredients

- 2 ½ cups bread flour mix (see below)
- ½ cup chickpea flour
- 1 tablespoon active dry yeast
- 1 teaspoon xanthan gum
- 1 tablespoon coconut palm sugar
- 1 ½ teaspoons baking powder (Or Ener-G Egg Replacer)
- ½ teaspoon sea salt
- 1 ½ cups warm water (about 110 degrees)
- 2 tablespoons organic canola oil
- 2 tablespoons agave nectar or liquid sweetener of choice
- 1 teaspoon cider vinegar
- 3 tablespoons almond milk, or milk of choice
- Toppings: sesame seeds, coarse salt, poppy seeds, dehydrated garlic

Instructions

1. Line a baking sheet with parchment paper.
2. Fit your stand mixer with the paddle attachment (You may also use a hand mixer with beaters) and combine flour blend, chickpea flour, yeast, xanthan gum, sugar, and baking powder or Egg replacer and salt.
3. In a separate bowl combine water, canola oil, agave nectar and vinegar. Add to the dry ingredients and beat on low until combined and then increase to medium and beat for 3 minutes.
4. Preheat oven to 375
5. Shape the dough into 8- to 10- inch sticks and place on baking sheet, about an inch apart. Cover and let rise for 20 minutes.
6. Brush the sticks with milk and sprinkle with toppings. (We liked them best with salt + one additional topping.)
7. Bake for 18 to 25 minutes, until golden brown. Cool and store in a plastic bag. Eat within 2 days or freeze.

Notes

Calories 77, Fat 1.2g, Carbohydrates 14.4g, Protein 1.7g, Cholesterol 0mg, Sodium 33mg, Fiber .7g, Sugars 1.9g

All Purpose Gluten Free Bread Flour Mix: 1 1/4 cups brown rice flour
1 cup sorghum flour 3/4 cup quinoa flour (toasted is best - 220 degrees, 90 minutes) 3/4 cup tapioca starch 3 teaspoons xanthan gum 1 teaspoon salt

<http://www.cookingquinoa.net/breadsticks-with-quinoa-flour>