








Twisters

Biscuit Sticks

Ingredients

-  1 1/4 cups Gold Medal all-purpose flour 
-  1 teaspoon baking powder
-  1/2 teaspoon salt

-  2 tablespoons vegetable oil
-  1/2 cup milk
-  1 egg, beaten

Favorite toppings, if you like
(cinnamon sugar, oats, sesame seed or shredded cheese)

How To

- 1 STIR** all ingredients except egg and toppings in medium bowl until a soft dough forms. Put dough on lightly floured surface, and shape into a ball, using floured hands.
- 2 KNEAD** dough by folding and pushing with the palms of your hands, then make a quarter turn. Repeat these steps to knead 10 times. Put bowl over dough, and let rest 15 minutes.
- 3 HEAT** oven to 425°. Divide dough into 6 pieces. Roll each piece into a rope, 15 inches long. Put on ungreased cookie sheet. Fold each rope in half, and twist halves together. Brush egg over dough. Sprinkle with your favorite topping.
- 4 BAKE** 9 to 11 minutes or until light golden brown. Take twisters off cookie sheet. Makes 6 twisters.

TIPS: Add drops of food color when you add the milk for a fun, colorful bread. For a special treat, dip twisters into applesauce or Pot of Gold cheese sauce (page 24).

The Rainbow Baking
Gold Medal
Flour
1998