TWISters Biscuit Sticks



1¼ cups Gold Medal all-purpose flour

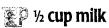


1 teaspoon baking powder





2 tablespoons vegetable oil





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

How To

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.

EXNEAD 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 kainbon Bakeny Gold Medal Flour