

Sesame Seed Breadsticks

INGREDIENTS:

50g plain flour

50g whole meal flour

3g yeast

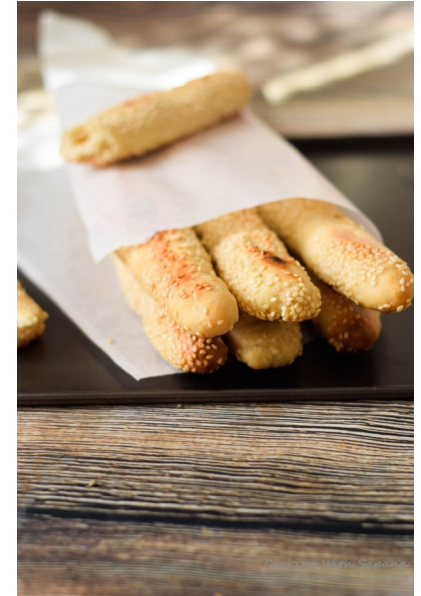
50ml warm water

1 tbsp. olive oil

Sesame seeds 30g

DIRECTIONS:

1. Preheat the oven to 350° F, Gas mark 4, 180°C
2. Sieve the flour into a mixing bowl add the yeast and stir.
3. Pour oil and warm water into the flour, mix into a soft dough
4. Divide the mixture into 4 pieces, shape into long thin sausage shapes. Brush lightly with oil and roll in seeds.
5. Place on greased baking tray, leave to rise for 10 minutes 6. Bake for 10-15 minutes, until crispy and golden brown. Remove from oven and cool on a wire rack.



Always remember to supervise children during cooking activities

