



Cent\$ible Nutrition Program

Helping Families Eat better for Less

Breadsticks*

1 cup MASTER MIX
½ cup flour
½ cup water (approximate)
sesame or caraway seeds (optional)

1. Mix dry ingredients.
2. Add water to form dough. Knead 12 times. Shape into pencil-like strands ½ inch thick.
3. Cut into 3-inch lengths. Roll in sesame or caraway seeds if desired.
4. Bake at 400° F for about 20 minutes or until brown and crisp.

*For extra crispness, when sticks are brown, turn off oven and leave sticks in for about 10 minutes.

Nutrition Facts

Serving Size: 1 breadstick (40g)

Servings: 8

Amount Per Serving

Calories 100 **Calories from Fat** 25

% Daily Value*

Total Fat 3g **5%**

Saturated Fat 0g **2%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 95mg **4%**

Total Carbohydrate 16g **5%**

Dietary Fiber 1g **4%**

Sugars 1g

Protein 3g

Vitamin A 0% ■ Vitamin C 0%

Calcium 6% ■ Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet.

*Recipe can be found in the Cent\$ible Nutrition Cookbook available for purchase. Log on to [www.uwyo.edu/cent\\$ible](http://www.uwyo.edu/cent$ible) for more information.



TV Show

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Visit us on the web: [www.uwyo.edu/cent\\$ible](http://www.uwyo.edu/cent$ible)

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