



Onion and Garlic Bread Sticks

Makes 8 or 9 sticks.

(This takes a while to prepare so allow extra time)

1 Cup Water

½ cup oil

½ t salt

dash pepper

2 t xanthan gum

½ t garlic powder

1 ½ T Onion Powder

Optional add basil, parsley, thyme and rosemary up to 2 T fresh or 2 t dried

2 T Potato Starch

1 cup GF Flour

4 large Eggs

Preheat oven to 425 Grease large cookie sheet.

Mix together flour, potato starch, and , xanthum gum.

In medium sauce pan bring water and oil to a near boil (bubbling but not yet a true boil) Stir in flour mixture. Will form a dough cook over low heat stirring constantly for 3 min.

Spoon mixture into large food processor. Add Eggs and spices process until smooth.

Spoon into a cookie press with wide nozzle. Pipe onto a greased baking sheet.

Bake for 20 – 25 minutes

Can also cook at 350 for 45 min if making with other food that cooks at a lower temp..

<http://www.lincolntent.com/GFCF-Bread.html>