

Housemade Bread Sticks

Ingredients

- 1 1/2 cups flour
- 2 tsp stevia
- 1 1/2 tsp baking powder
- 1/2 tsp salt
- 1 tsp garlic powder
- 2/3 cup milk
- 3 tbl butter
- 1/2 tsp parmesan cheese grated



Directions

Combine flour, stevia, baking powder, salt, 1/2 tsp garlic powder and add milk to form the soft dough. Flour a flat surface and knead the dough gently 4-5 times. Roll with a rolling pin into a rectangle about 10x5 and cut into 12 breadsticks. Mix melted butter with the remaining garlic powder and parmesan cheese in a large bowl or dish and dip the breadsticks and coat well with the butter mixture. Sprinkle with more grated parmesan if you like. Bake at 450 for 15 minutes. Remove and brush on with any remaining butter.