



Multi-Grain Breadsticks

15'

Hands on

40'

Cook Time

30-40

Portion(s)

1

Difficulty



Ingredients

- 150 g margarine, chilled
- 200 g flour
- 50 g whole grain flour
- 1 egg yolk
- 3 tbsps granulated sugar
- 2 pinches of salt
- 2 tbsps cognac
- 250 g water
- 60 g sunflower seeds
- 20 g flax seeds
- 30 g fennel seeds

Διατροφικός πίνακας

Nutrition information per portion

57 Calories (kcal)	3.0 Total Fat (g)	0.6 Saturated Fat (g)	5.8 Total Carbs (g)
3%	4%	3%	2%
1.1 Sugars (g)	1.3 Protein (g)	0.9 Fibre (g)	0.0 Sodium (g)
1%	2%	4%	0%

Method

- Preheat oven to 160 *C (320*F) Fan.
- In a food processor add the flour, 1 tablespoon sugar, salt, and the margarine cut into cubes. Process until the mixture resembles breadcrumbs.
- Add the egg yolk and the cognac. Process until the mixture turns into a smooth and elastic dough.
- Remove the dough and separate into small pieces, 10 g each. Shape into small balls.
- On a clean working surface, shape each small ball into a breadstick with your hands (try to make them as similar as possible so that they can all take the same amount of time to bake).
- In a bowl, add water and 2 tbsps. sugar. Mix until the sugar dissolves. Put the seeds in another bowl.
- Dip the breadsticks into the water first, and then roll them in the seeds.
- Place the breadsticks onto 25x35 cm baking sheets. Bake for 35-40 minutes.
- Remove from oven. Allow to cool on the baking sheet. Serve.