



# Laura's Recipe Corner

Great Recipes from Laura McKay!

## Gluten-Free Herb and Garlic Breadsticks

By Mary Capone; [https://www.glutenfreeandmore.com/recipes/gluten\\_free\\_herb\\_garlic\\_breadsticks-2263-1.html](https://www.glutenfreeandmore.com/recipes/gluten_free_herb_garlic_breadsticks-2263-1.html)

These light and airy breadsticks are certain to become family favorites. They take only minutes to prepare. Make 18 breadsticks.

### Ingredients:

- ½ cup water
- ¼ cup olive oil
- ¾ teaspoon salt
- Dash pepper
- Pinch fresh nutmeg
- ½ cup Mary's All-Purpose Flour Blend (see below)
- 1 teaspoon xanthan gum
- 2 large eggs
- 1 tablespoon fresh herbs (thyme, parsley, basil), chopped
- 1 clove garlic, minced, optional



### Directions:

1. Preheat oven to 425 degrees. Lightly grease two baking sheets or line them with parchment paper.
2. In a medium saucepan, heat water, oil, salt, pepper and nutmeg over medium heat until liquid begins to simmer. Mix flour blend with xanthan gum and immediately add to saucepan, stirring until dough forms. Cook for 2 minutes over low heat, stirring constantly.
3. Pour the hot mixture into a food processor. Add eggs, herbs and garlic, if desired, and pulse until ingredients are incorporated and dough is smooth and elastic.
4. Spoon mixture into a pastry bag. A #14 bag with the coupling attached and no tip is just the right size for breadsticks. If you don't have a pastry bag, use a large Zip-lock plastic bag with about ¼-inch of one corner trimmed off. Squeeze out long, thin mounds of dough (8-10 inches long, ½ inch wide) onto prepared baking sheets. Use wet fingers to lightly press down the ends.
5. Bake breadsticks in preheated oven until golden brown, about 20 to 24 minutes.

### Mary's GF All-Purpose Flour Blend: makes 6 cups

2 cups brown rice flour, 2 cups white rice flour, 1 1/3 cups potato starch (not potato flour), 2/3 cups tapioca starch/flour  
Mix ingredients together. Store in a tightly covered container in the refrigerator until used.



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