

# *Low carb* **BREAD STICKS**

## INGREDIENTS

- 3 cups Mozzarella Cheese, shredded
- 4 tablespoons of Cream Cheese
- 1 ½ cups of Almond Flour
- 2 teaspoons of Xanthum Gum
- 2 Eggs, at room temperature
- 2 teaspoons of Dried Yeast, approximately 1 sachet
- 2 tablespoons of Butter, melted (or use garlic butter)
- 1 tablespoon of Salt (or use garlic salt.)



**Optional garnish:** Poppy seeds

## DIRECTIONS

1. Preheat oven to 390.
2. In a microwave safe glass dish, place the mozzarella cheese and cream cheese and microwave in 30 sec increments, stirring in between, until fully melted and almost liquid.
3. Dissolve the yeast in the warm water and allow it to sit and activate for 2 minutes.
4. In your stand mixer (using the dough hook attachment), place the almond meal and xanthum gum and mix well.
5. Add the eggs, yeast mixture and 1 tablespoon of the melted butter and mix well.
6. Add the hot melted cheese to the stand mixer and allow it to knead the dough until all the ingredients are fully combined. Around 5-10 minutes.
7. Split the dough into 12 balls. The dough is easiest to work with while it is warm.
8. Roll each ball into a long skinny bread stick shaped log. Place on a lined cookie sheet and give a little space with side as the dough will rise. 9
9. Brush the dough with the remaining butter (or garlic butter) and/or sprinkle with salt. Or alternatively with poppy seeds.
10. Bake in the oven for 12-15 minutes.
11. When the bread sticks are golden brown, remove them from the oven and let them cool just a bit before