

# EASY CHEESY BREADSTICKS

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YOUNG LIVING  
ESSENTIAL OILS

## TOP RECIPE FINALIST

### YOUNG LIVING PRODUCTS USED:

*Gary's True Grit  
Einkorn flour*

*Black Pepper Vitality*

*Basil Vitality*

*Oregano Vitality*

3 cups	Gary's True Grit Einkorn Flour
1 tsp	salt
1 tsp	baking powder
1 tsp	dried oregano leaves
¾ cup	coconut oil, solidified
½ cup	aged white cheddar cheese, grated
1	minced garlic clove (optional)
1 large	egg, lightly beaten
½ cup	cold water
1 drop	Black Pepper Vitality essential oil, as desired
2 drops	Basil Vitality essential oil, as desired
1 drop	Oregano Vitality essential oil, as desired
	Coarse salt, for sprinkling

Preheat oven to 375°F.

Mix dry ingredients in large bowl. With two butter knives, cut in the solid coconut oil, mixing evenly. Add cheese and garlic, stirring thoroughly.

Add cold water to beaten egg. Add essential oils to egg mixture.

Make a crater in the center of the dry mixture and pour the egg mixture into the hole. Stir until a dough ball forms. Knead about 1 minute. Place on floured board and roll into a rectangle shape, about 10x6 inches and about ½ inch thick. Use additional flour as needed.

Parallel to the long edge, cut into 1 inch-thick strips. Gently twist two strips together into a braid. Place on greased cookie sheet.

Bake for 15–18 minutes. Remove from oven. Immediately sprinkle coarse salt on top of braids. Allow to cool before handling.

