

Keto Friendly Four Cheese Breadsticks



BAKER'S TIP

Fiber loves water and your recipes will too. You may notice your recipes will need a little more liquid (water, milk, or fruit juice) when using our flour.

For breads, rolls, and other yeast-raised baked goods: Increase liquids ¼ cup (60g) at a time until you reach the desired dough consistency.

For cookies: Increase liquids 1 tbs. (15g) at a time until you reach the desired batter or dough consistency.

For brownies, quick-breads, muffins, pancakes, waffles, pie crusts and more: Increase liquids 2 tbs. (30g) at a time until you reach the desired batter or dough consistency.

Ingredients

- 1 1/2 cups pre-shredded four cheese mix (mozzarella, provolone, parmesan, and asiago)
- 1 oz cream cheese
- 1/2 cup [Flourish Flour](#)
- 1 tablespoons coconut oil
- 1 large egg
- 1 teaspoon Italian herbs
- 1/2 cup pre-shredded four cheese mix
- 1 teaspoon finely chopped parsley

Instructions

1. Preheat oven to 425°F (220°C).
2. Add the four cheese mix and cream cheese to a large microwave-safe bowl.
3. Melt in the microwave using 30-second intervals (avoid overcooking cheese), until cheese is completely melted and smooth.
4. Add flour, coconut oil, Italian herbs, and egg to the melted cheese.
5. Knead with a spatula until the dough is uniform and a bit sticky.
6. Allow the dough to cool slightly, which will also make it less sticky and easier to work with.
7. Roll the dough out between two sheets of parchment paper until 1/5-inch (5mm) thick.
8. Peel top sheet of parchment paper off of dough.
9. Move the dough onto a baking sheet.
10. Spread the cheese topping over the dough, leaving a 1/2 inch (1.5 cm) perimeter.
11. Bake for about 8-10 minutes, or until edges are golden and puffy.
12. Garnish with fresh chopped parsley before slicing and serving.