

Bread-in-a-Bag Breadsticks

3 cups flour
1 Tablespoon yeast
1 teaspoon sugar
1 teaspoon salt
1 Tablespoon oil
1 1/4 cups hot water

Preheat oven to 350 °F. Wash your hands for 20 seconds with soap and warm water.

Combine flour, yeast, sugar and salt in gallon plastic bag. Close bag and shake to mix.

Add oil and hot water. Close bag and work dough with fingers until flour is well blended. If needed, add small amounts of flour to make a soft dough that pulls away from the sides of the bag.

Turn the dough out onto a lightly floured surface. Knead dough until it forms a smooth and elastic ball (about 5 minutes). Let rest for 5 minutes.

Divide in half, then divide each half into four equal balls. Roll the dough between your hands or on the table to form sticks that are about 1-inch wide.

Place breadsticks on baking sheet that has been sprayed with non-stick spray. Bake until lightly browned, approximately 15 minutes.

Remove from oven and cool.