

## Multigrain Breadsticks

With 6 All Natural Briess Ingredients

| INGREDIENTS                                       | US/Oz      | METRIC/g    |
|---|------------|-------------|
| Honey   | 3          | 85          |
| <b>BRIESSWEET™ BROWN RICE SYRUP 60 DE</b>         | <b>2.3</b> | <b>65.2</b> |
| Active Dry Yeast                                  | 0.5        | 13.9        |
| Warm Water  | 14.6       | 415         |
| Dry Milk Powder                                   | 1.6        | 45.4        |
| Large Eggs  | 3.5        | 99.2        |
| Vegetable Oil                                     | 0.7        | 19.9        |
| Salt  | 0.4        | 12          |
| <b>INSTA GRAINS® MALTED WHEAT THICK FLAKES</b>    | <b>1.1</b> | <b>31.2</b> |
| <b>INSTA GRAINS® BROWN RICE LIGHT CRUNCH</b>      | <b>1.1</b> | <b>31.2</b> |
| <b>INSTA GRAINS® RYE FLAKES</b>                   | <b>0.9</b> | <b>25.5</b> |
| <b>INSTA GRAINS® TRITICALE FLAKES</b>             | <b>0.9</b> | <b>25.5</b> |
| Whole Wheat Flour                                 | 4.3        | 121.9       |
| Bread Flour                                       | 12.4       | 351.5       |
| All Purpose Flour                                 | 11.1       | 314.7       |
| <b>BRIESS® YELLOW DENT CORN MEDIUM FINE GRIND</b> | <b>0.2</b> | <b>5.7</b>  |

### BENEFITS OF BRIESS INGREDIENTS

Insta Grains® are quick cook ingredients, no soak or pre-cook required

Insta Grains® have low micros and digest easily

Many Insta Grains® Flakes are high fiber whole grain ingredients

Briess® Roasted Corn delivers warm roasted flavor and aroma

Low fat

Tarns fat free

All natural

Kosher certified

Non-GMO

Made in U.S.A.

Source multiple ingredients from one supplier

1. Preheat oven to 350 °F.
2. Combine honey, extract, yeast and warm water in large bowl. Let stand 10 minutes.
3. Meanwhile, in a large bowl combine Insta Grains® ingredients, flours and salt.
4. Add eggs, dry milk powder and oil to yeast mixture. Stir well.
5. Slowly mix the yeast mixture and dry ingredients together using a dough hook on low speed.
6. Mix to a soft dough, approximately 2 minutes.
7. Place dough onto a lightly floured board and knead dough for at least 8 minutes.
8. If dough is not kneaded long enough, it will be weak and not rise well. After kneading, place the dough into a lightly oiled bowl and cover.
9. Rise until dough doubles in size, about 60 minutes.
10. Roll dough on lightly floured board to a thickness of 3/8 inch.
11. Cut into breadsticks.
12. Brush with egg wash (2 egg whites and 2 tablespoons water).
13. Top with Briess® Yellow Dent Corn Medium Fine Grind.
14. Bake 15 minutes.
15. Remove and brush with egg wash again.
16. Return to oven and bake an additional 5-7 minutes.
17. Cool on a cooling rack.