

# Twisters

Makes 6 twisters



If your family would like to try it, you will need:

1 $\frac{1}{4}$  cups flour

1 tsp. baking powder

$\frac{1}{2}$  tsp. salt

2 T. vegetable oil

$\frac{1}{2}$  cup milk

1 egg, beaten

Some suggested Toppings:

- cinnamon/sugar

- oats

- sesame seeds

- shredded cheese

All you need to do is:

1. Combine flour, baking powder, salt, vegetable oil and milk in a bowl and stir until soft dough forms.
2. Put dough on a lightly floured surface, knead the dough, and shape it into a ball using floured hands. Put a bowl over the dough and let it rest 15 minutes.
3. Heat oven to 425°.
4. Divide the dough into 6 equal pieces. Roll each piece into a rope. Fold rope in half and twist the ends. Lay the twister on an ungreased cookie sheet and brush with the egg.
5. Sprinkle with favorite toppings (see suggestions above or think of your own).
6. Bake 9-11 minutes or until light golden brown.

Variations:

- Add food coloring to milk and create a colorful dough.
- Enjoy your twisters by dipping them into applesauce or cheese sauce.