

## Nutrition Facts

Servings Size: The Whole Batch  
Recipe Makes: 12 Breadsticks

Amount Per Serving

**Calories**

**397**

**Total Fat** 9g

**Total Carbohydrate** 43g

**Protein** 65g



# Air Fryer Cheesy Garlic Breadsticks

### INGREDIENTS:

- 45g Self Rising Flour (can sub with AP Flour but just sub in a big pinch of salt and 3g baking powder)
- 8g Coconut Flour
- 3g Nutritional Yeast

- Garlic Powder (don't be shy with it)
- 100g Plain Non Fat Greek Yogurt
- 48g Egg Whites

### Toppings:

- 56g Part Skim Mozzarella (I used Trader Joe's Light Mozzarella)
- 6g Parmesan
- Garlic Powder
- Dried Oregano
- Dried Basil

1. Add your dry ingredients into your bowl and mix to avoid clumping. Then add your wet ingredients and mix till you get a thick paste consistency.
2. Measure out your air fryer to see how big of a pizza can fit. Mine is 10x10 inches so I cut a piece of parchment that big.
3. Add dough to the middle of a big piece of parchment paper. You want to spread this crust to as big of the parchment in a rectangle as you can. The spread of the crust is a skill you will get better at over time but the premise is spreading from the inside out.
4. Now carefully add the parchment with the crust on it to your air fryer and air fry on 400 degrees F for 5 minutes or until crust is golden.
5. Then flip the crust and take the parchment paper off. Air fry on that side for another 3 minutes.
6. Now flip the crust back over to the top and add all your toppings.
7. Air fry for another 3-4 minutes or until the toppings are golden. Then once done, slice up and enjoy!