

## **Bread Bones**

Courtesy of Carole's Creations

Prep Time:

Cooking Time:

Serves:

**CChints:** This is a fun and clever way to get the kids to help with dinner. Make sure you thank them for their help.



1 tube refrigerated breadstick dough

1 tablespoon melted butter

1 teaspoon poppy seeds

1 teaspoon sesame seeds

2 teaspoons kosher salt

Preheat oven to 350 degrees and locate a non-stick or ungreased baking sheet.

Unroll the tube of breadstick down onto a cutting board. Take 1 stick at a time and stretch it out slightly. Use a knife and cut each end of the breadstick down the middle about 2 inches. Lay the breadstick on end of the baking sheet. Take each end and roll the slits into knots on each side so they are in the shape of a dog bone. Repeat the process with the other end of the bone. Repeat this process with the rest of the breadsticks and lay them on the baking sheet with space in between each one because they will grow as they bake.

Melt the butter in a microwave safe container for 15 seconds. Check it and if it is not quite melted yet, put it back in for another 10 seconds. Using a pastry brush, apply the butter sparingly to the top of each bread bone.

Sprinkle each bread bone with the seeds and salt. Bake 10-12 minutes until they are a golden brown. Remove from the pan and place in a serving basket or plate.