

Sugar-and-Spice Twists

- 1 tablespoon sugar
- 1/4 teaspoon ground cinnamon
- 1 package (6 count) refrigerated breadsticks

DIETARY EXCHANGES:

1 ½ Starch

NUTRIENTS PER SERVING:

Cal.: 118	Cal. from Fat: 20%
Total Fat: 3 g	Sat. Fat: 1 g
Carb.: 20 g	Protein: 3 g
Chol.: 0 mg	Sodium: 290 mg
Fiber: 1 g	

1. Preheat oven to 350°F. Spray baking sheet with nonstick cooking spray; set aside.
2. Combine sugar and cinnamon in shallow dish or plate; set aside.
3. Divide breadstick dough into 6 pieces. Roll each piece into 12-inch rope. Roll in sugar-cinnamon mixture. Twist into pretzel shape. Place on prepared baking sheet. Bake 15 to 18 minutes or until lightly browned. Remove from baking sheet. Cool 5 minutes. Serve warm.

Makes 6 servings

Hint:

Use colored sugar sprinkles in place of the sugar in this recipe for a fun “twist” of color that’s perfect for holidays, birthdays or simply for everyday celebrations.

Source: Diabetic Cooking Magazine

