Yield: 16 twists

**GARLIC CHEDDAR BREADSTICK TWISTS**

* 3 cups flour, divided
* 2 ½ tsp instant yeast
* 1 Tbsp sugar
* 1 ½ tsp salt
* 1 ¼ cups hot water
* 1 Tbsp oil
* 2 cloves garlic, minced (about 2 tsp)
* olive oil for brushing
* 1 cup shredded cheddar cheese

1. Combine 2 cups of the flour with the yeast, sugar and salt in mixer fitted with the dough hook attachment.   
   Add water and oil; beat on low speed till smooth.
2. Stir in garlic and as much of the remaining flour as needed to make a soft dough.   
   Knead in the mixer for 3-4 minutes on low. Let rest 5 minutes.
3. Turn dough out onto a lightly floured surface. Cut dough into four pieces. Cut each fourth into 8 pieces. Roll out pieces into long ropes; twist two ropes together and pinch the ends to seal.
4. Place twists 2" apart on lined baking sheets. Brush with olive oil and sprinkle with cheese.
5. Cover and let rise in a warm place for about 40 minutes or till doubled.
6. Bake at 375° until lightly browned, about 15-20 minutes. Serve warm.