

Bread Crumbs



Serves	1 cup
Prep time	10 minutes
Cook time	20 minutes
Total time	30 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Glutamates , Preservatives , Salicylates
Suitable for	RPAH Elimination Diet - Low Chemical / Failsafe
Meal type	Ingredient
Misc	Freezable , Pre-preparable
From book	The Failsafe Cookbook

Ingredients

- 10 Slices of bread (white or wholemeal)

Directions

1. Preheat the oven to 180°C.
2. Cut the crusts off the bread and slice in half.
3. Place the bread on a baking tray and bake until golden brown (about 15 to 20 minutes).
4. Allow to cool, then place the bread in a food processor and process until fine crumbs are formed.
5. Use immediately or the bread crumbs can be frozen until needed.



Note

A recipe for preservative free bread crumbs.

Low Chemical / Failsafe