

Bagel Sticks

1 tsp. sesame seeds

1/2 teaspoon poppy seeds

¼-1/2 teaspoon garlic powder (adjust to your liking)

¼-1/2 teaspoon onion powder (adjust to your liking)

Pinch of black pepper

1/4 teaspoon granulated onion

1 sheet frozen puff pastry (8 inches by 12 inches), thawed

1 egg, beaten



Preheat the oven to 350 degrees F. Line a baking sheet with parchment paper.

Combine the sesame seeds, poppy seeds, garlic powder, onion powder, pepper and granulated onion in a small bowl.

Divide the puff pastry sheet in half crosswise, leaving two 8-by-6-inch sheets. Cut eight 1-inch strips from each sheet and twist each strip 6 to 8 times. Transfer to the prepared baking sheet. Brush each piece of puff pastry with the egg and sprinkle generously with the seasoning.

Bake for 8 minutes, then rotate. Bake until the pastry is golden brown, another 4 minutes.