

Mike's Bites



Ingredients

2 cups grated sharp cheddar cheese
1-1/2 cups toasted breadfruit flour
1 stick of butter
salt to taste
1/4 scotch bonnet pepper finely chopped
or pepper flakes
2 tablespoons cream



Directions

Preheat oven to 325 degrees F
Put cheese, butter, breadfruit flour
and pepper into a
food processor and pulse
Drizzle in the cream
Remove and divide into 4 equal parts
Form into rectangular shapes, wrap each
in saran wrap
Refrigerate for 20 minutes
Remove and roll with a rolling pin
until 1/4 inch thick
Cut into bite size pieces
Bake for 15 minutes

Cool on a wire rack
Makes about 40 pieces

