

# Mike's Breadfruit Bites

*Susan Kissel*



## Ingredients

2 cups grated sharp cheddar  
cheese  
1 ½ cups toasted breadfruit flour  
1 stick butter  
salt to taste  
¼ scotch bonnet pepper, finely  
chopped(or pepper flakes)  
2 Tbsp 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 and 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.



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