



## Breadcrumbs

Homemade breadcrumbs are easy to prepare and a better option than the store-bought version because you can make them whole grain and/or 100% whole wheat. This is also a good way to use up leftover or older bread.

Makes: 1 L (4 cups)

### Ingredients

Imperial Measurement	Ingredient	Metric Measurement
20	bread slices (e.g. whole grain, 100% whole wheat, rye, etc.)	20

### Instructions

1. Preheat oven to 250°F (120°C).
2. Place bread slices directly on oven racks. Leave in oven until hard and golden brown, about 30 minutes; darker if you prefer.
3. Remove and cool on wire rack.
4. Crumble slices into pieces. Place in food processor and process until fine.

Nutrition Information	
Serving 50 mL (25 g)	
<b>Calories</b>	90
<b>Fat</b>	1.5 g
	Saturated 0 g
	+ Trans 0 g
<b>Sodium</b>	170 mg
<b>Carbohydrates</b>	16 g
	Fibre 2 g
	Sugars 4 g
<b>Protein</b>	3 g
	Calcium 30 mg
	Iron 1 mg

Food Guide Servings
1 Grain Product