

Fat-free Challah

Ingredients

- 1 cup warm water
- 2 & ¼ tsp. yeast
- ½ cup of maple syrup or organic vegan sugar (not WFPB)
- ½ cup of organic unsweetened applesauce
- 1 tsp. salt
- 3 tsp. Ener-G egg replacer and 4 tbsp. of water to mix (the equivalent of two eggs)
- 1 cup organic oat flour
- 3 cups organic white whole wheat flour
- NOTE: You can use any flour, including 4 cups of white whole wheat flour or bread flour (not WFPB) and it tastes delicious
- Salt and sugar mixture - ½ tsp. of each for topping



Preparation

1. In a large bowl add yeast to the cup of warm water and let it bubble for a few minutes. In the mean-time mix the 3 tsp. of Ener-G egg replacer and 4 tbsp. of water in a small bowl.
2. Add the maple syrup or sugar, applesauce, 1 tsp. of salt, egg replacer mixture, bread flour and white whole wheat flour to the water/yeast mixture.
3. Mix well and knead for five minutes.
4. Shape into a ball, put back into the large bowl and cover with a towel. Put in a warm spot and let the dough rise for 40 minutes.
5. Cover a cookie sheet with parchment paper and set aside.
6. When the dough has risen, uncover it, punch it down and place the dough on a large cutting board or surface covered in a little flour.
7. Shape dough into a rectangle and cut it length wise with a pizza cutter into three even strips.
8. Place the strips on the parchment covered cookie sheet and braid them.
9. Let it rise for another 40 minutes uncovered.
10. Take the mixture of the ½ tsp. of salt and ½ tsp. of sugar and sprinkle over the entire top of the challah.

Bake at 325 uncovered for 20 minutes. Take it out and cover the top with parchment paper so it doesn't get too hard and crispy. Bake for another 15-25 minutes depending on your oven.