

Beth Am member Debbie LaFetra shared this wholesome challah recipe to enrich your fun and tickle your taste buds on Shabbat. Try making it this Friday, and, if you have any left over after Shabbat dinner (not likely...) make French toast in the morning. Challah French toast is a favorite in our house!

### **Bread Machine Heart Healthy Challah**

Add to the bread machine, in order:

4 Tbsp. olive oil

2 Tbsp. honey

2 eggs

3/4 cup water, heated for 45 seconds on high in the microwave

1-1/2 cups unbleached flour

1-3/4 cups whole wheat pastry flour

1-1/4 tsp. salt

1 tsp. cinnamon

2-1/2 tsp. bread machine yeast

Choose White Loaf, Large, Dough for the settings.

When the add-in buzzer sounds, optional to add 1/2 cup Craisins (dried cranberries).

When the dough is done, remove to a cutting board lightly dusted with whole wheat flour.

Divide dough in 2; then each half into 3 portions for making the strands. Braid the two challahs. Place on foil-lined cookie sheet sprayed with non-stick spray, and paint top with eggbeaters or egg whites. Bake at 350 for 25 minutes. ENJOY ~ Shabbat Shalom!