

Challah/Jewish Bread

Ingredients:

2 cups lukewarm water

1 Tbsp yeast

1/3 cup oil of choice (I usually like to use grape seed or olive oil)

1/3 cup honey

3 vegan eggs (each vegan egg is: 1 tbsp ground flax seed and 3 tbsp water)

3 cups whole wheat flour

3 cups spelt flour (or if you don't like it so dense you can do 3 cups bread flour, but you compromise on nutritional value)

In a big bowl, mix the water, the yeast and 1 cup of spelt flour, let it sit for about 10 minutes or until it's bubbly.

Then mix in the vegan eggs, the honey and oil, mix well and add the rest of the flours, knead.

Let it rise in the bowl at room temperature covered with a towel for 2 hours or more.

Divide the dough into 2, if you like you can subdivide each of those portions into 3 and braid them and put them in bread pans 9"x5" or just put them in the bread loaf pan without braiding, let it rise again for another 45 min. Bake in an oven at 350F for 45-50 minutes.

Ready.

Recipe by Linda Kirschenbaum-Liberman