



# HEAVENLY HOLY WHOLE-WHEAT CHALLAH

## Ingredients

3 1/2 cups of warm water	1/4 cup canola oil
2-3 tablespoons of derma brown sugar or honey	1+ kg of whole wheat flour (you can replace some of the whole-wheat with rye or spelt)
2 tablespoons of dry yeast	
1 tablespoon salt	
1 egg	

## Directions:

Combine the first three ingredients, and let yeast dissolve and bubble. Add salt, egg, oil, and half of the flour. Stir and let sit about 30 minutes. Add the rest of the flour until a nice, elastic dough forms.

Oil bowl and let the dough rise, covered with a towel until doubled in size (depending on climate 1-2 hours).

Braid, shape, decorate if desired with sesame seeds and put into oven at 350° for about 35 minutes, until you can hear a hollow sound when the braid is tapped on the bottom.

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