



# HEALTHY HAMENTASCHEN

## Ingredients

- |  |                            |
|--|----------------------------|
| 3 cups 70%-100% sifted whole wheat flour | 1/2 cup raw sugar          |
| 2 teaspoons baking powder                | 1/2 cup canola oil         |
| 1/2 teaspoon salt                        | 1 teaspoon vanilla extract |
| 4 whipped egg whites                     | 1 teaspoon lemon zest      |
| 1/4 cup raw sugar (for egg whites)       |                            |

## Directions:

In a large bowl, whip egg whites and the 1/4 cup of sugar. Sift together the flour, baking powder and salt. Beat the oil, sugar, vanilla and lemon zest together. Fold the egg whites into the oil mixture. Slowly add the flour mixture to the bowl until it forms a dough.

Wrap in plastic, and let the dough rise for 15 minutes to 1 hour. Roll out and form hamantaschen. Fill with your favorite filling.

Bake at 350° for 8 minutes, until they look set.

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