HEALTHY HAMENTASCHEN

Ingredients

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

- 1/2 cup raw sugar
- 1/2 cup canola oil
- 1 teaspoon vanilla extract
- 1 teaspoon lemon zest

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 hamentaschen. Fill with your favorite filling.

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

From Chabad.org, by Lily Aronin