

BASIC HAMANTASHEN

DOUGH INGREDIENTS

- 4 C** Whole wheat pastry flour **OR** gluten-free flour of your choice
- 4** Eggs
- 3/4 C** Sugar substitute (cup for cup) **OR** sugar
- 1 C** Margarine (softened)
- 1 T** Orange juice
- 1 t** Vanilla extract
- 2 t** Baking powder
- Pinch** Salt
- 1 t** Orange (rind)
- Non-stick cooking spray



FILLING INGREDIENT CHOICES

- 1 lb** Poppy seed filling
- 1 lb** Apple & prune butter
- 1 lb** Strawberry preserves
- 1 lb** Apricot preserves

MIXING & BAKING INSTRUCTIONS

- 1** Pre-heat oven to 350 F
- 2** Mix all dough ingredients, except non-stick cooking spray, together with an electric mixer
- 3** Depending on consistency of the dough, you might want to add a little more juice or flour
- 4** Roll dough into a ball & divide into 4 parts
- 5** On a floured board roll out each portion to about 1/8 inch thick
- 6** Use a 3 inch cookie cutter or a glass to make round circles
- 7** Place 1/2 to 2/3 teaspoon of your filling choice in the center of each circle
- 8** Lift up left & right sides leaving the bottom down & bring both sides to meet at the center above the filling
- 9** Bring top flap down to the center to meet the 2 sides & pinch edges together
- 10** Spray cookie sheet with non-stick cooking spray & place hamantaschen about 1 inch apart
- 11** Bake for 20 minutes