

KOULOURAKIA

INGREDIENTS

- 1/2 C Earth Balance margarine
- 1/2 C Splenda sugar substitute cup for cup
- 3 Egg yolks **OR** 3 T egg substitute (divided)
- 1/4 C Almond milk
- 2 1/4 C Whole wheat pastry flour **OR** gluten-free flour of your choice
- 1 t Baking powder
- 1/4 t Salt
- Sesame seeds
- Non-stick cooking spray



DIRECTIONS

- 1 Pre-heat oven to 350 F
- 2 Spray 2 baking sheets with non-stick cooking spray
- 3 In a bowl blend margarine & sugar substitute until creamy
- 4 Blend in 2 of the egg yolks **OR** 2 T of the egg substitute plus 3 T of the almond milk
- 5 In another bowl, stir together the dry ingredients, flour, baking powder & salt
- 6 Add the dry ingredients to the margarine mix blending thoroughly
- 7 Roll dough into a 7 inch strand
- 8 Bring ends together & twist like you're forming a challah twist or a pretzyl shape
- 9 Place the cookies slightly apart on the baking sheets.
- 10 Beat the remaining egg yolk or egg substitute with the remaining almond milk
- 11 Brush the yolk & milk mix lightly over the cookies & sprinkle with sesame seeds
- 12 Bake for about 15 minutes or until golden
- 13 Let cool for 10 minutes & then transfer to a wire rack allowing the cookies to cool completely
- 14 Store in an airtight container
- 15 Should make about 30 cookies

