

Recipe by
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Sunflower challah



Ingredients

sunflower

vanilla sugar to taste

sugar or honey

warm water

Optionally: a handful of peanuts, cocoa, cranberries, etc.



Preparation

Over medium heat, evenly roast the sunflower seeds until golden. The heavier the roast, the more intense the challah flavour. Set the sunflower seeds aside in a bowl to cool. Once cooled, grind the grains into a coarse flour. Once ground, add the sweetener (sugar or honey), mix and, if needed, add a little water to make the dough sticky enough. Line a baking tray with paper, pour the mixture onto the tray and press it to form an even layer (1.5-2 cm). Put the challah in the fridge for one hour. Cut into pieces.

