



## Gluten Free + FODMAP Friendly + Dairy Free | [Rosh Hashana] Challah

cook 40 mins · difficulty Easy · source PBK

### INGREDIENTS

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2 t ground chia seeds

4 t boiling water

1/4 cup pure maple syrup

1 T active dry yeast

1 1/4 cups warm water

2 eggs or equivalent egg substitute

1/4 cup grape seed, olive, or avocado oil

1 t apple cider vinegar

2 t kosher salt

1 cup tapioca flour [aka tapioca starch]

1 1/2 cups oat flour [please see notes]

1/2 cup coconut flour [please see notes]

Oil or fat of choice for greasing pan such as: coconut butter, dairy butter, or the same oil as used above.

Garnish [for Rosh Hashana or secular purposes]: pure maple

### DIRECTIONS

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In small bowl, add ground chia seeds and boiling water. (If starting with whole chia seed, grind using a mortar and pestle or in a clean spice or coffee grinder.) Stir until the mixture begins to take on a gel like consistency. Set aside.

In a large mixing bowl, add maple syrup, yeast, and then warm water. Whisk to activate yeast. Set aside and watch the bubbles form.

In a medium or small bowl, add the wet ingredients - eggs, oil, and apple cider vinegar.

In the second medium bowl, add remaining dry ingredients - salt and flours. Blend with balloon whisk to ensure even distribution in the final batter.

Once the yeast have had a change to foam and bubble for a few minutes, stir in 1 T of the chia seed mixture. Next, stir in wet ingredients to combine then dry ingredients. Whisk gently until smooth. Pour into greased pan of choice. Smooth the top with a spatula or large spoon. Put into a proofing box or cover with a clean dishtowel and set aside to rise for 1.5 to 2 hours.

Preheat the oven to 375 degrees. Bake uncovered for about 40 to 45 minutes or until rich caramel brown. [Start checking at 35 mins.] Remove from oven and let cool in pan on counter for a few minutes. Cover pan with upside-down cooling rack to enable the challah to be turned out and removed from pan without breaking. Cool on rack uncovered for 30 minutes.

Transfer to serving plate. Drizzle with garnishes before serving.

syrup and pomegranate seeds or other sweet traditional garnishes [check personal choices for gluten and FODMAP safety as necessary]

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#### EQUIPMENT

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1 small bowl or cup

1 large mixing bowl

2 medium bowls or 1 small and 1 medium

1 balloon whisk

Misc. measuring cups and spoons

1 challah-shaped pan or bundt pan (or similar) spiral shaped if available for Rosh Hashana or for secular purposes

1 rubber spatula or large spoon

1 wire rack

#### NOTES

**GLUTEN:** Some people with celiac disease cannot tolerate the protein known as avenin in oats. For those who can, or for those with other forms of gluten intolerance, always use gluten free certified oat products.

**FODMAPs:** The amount of apple cider vinegar in this recipe should not pose a FODMAP risk. The FODMAP content of many flours is still unknown. 1/4 cup of pomegranate seeds is FODMAP safe with 1/2 cup being high in fructans. Speculation has occurred on both sides of the fence as to the safety of oat flour and of coconut flour. Many people have had success using their equivalent safe measurements in the next closest form. Please use your own discretion and your own symptoms as a guide. 1/4 cup of quick dry oats is FODMAP safe with 1/2 cup being moderate for fractions and GOS. 1/4 cup of desiccated coconut is FODMAP safe with 1/2 cup being moderate for sorbitol. You may choose to substitute another gluten free/FODMAP safe flour if preferred over coconut flour.

**RELIGIOUS CONCERNS AND SIGNIFICANCE WITH OTHER RELATED MUSINGS:** For those who cannot consume wheat for health reasons, one of the five grains mentioned in the torah must be used in order for challah to be considered to be kosher for the purposes of saying Ha-Motzi. Oat is the only gluten free biblical grain. Technically, 5 lbs of oats must be used. Therefore, depending upon one's

degree of adherence, it may be necessary to bake a large batch for a group of digestively challenged people. For shabbat purposes, challah is traditionally braided but braiding is not possible without gluten hence the challah shaped pan. During Rosh Hashanah, challah is made round but more specifically in the shape of a spiral. There are many explanations for this with one of the most common being that it is meant to signify renewal and the revolving cycle of the seasons. While this recipe is meant to satisfy a religious need for some, I would encourage everyone to try it as it makes an incredible breakfast bread and is delicious warmed by the slice in the oven. Challah sweetened with dried fruits, honey, candies, or the like, is traditional during Rosh Hashanah to signify the sweetness of the New Year. The garnishes suggested in the ingredients are within FODMAP safe guidelines. Pomegranate is mentioned in the torah and holds great significance in Jewish traditions signifying things like abundance and renewal.

Adapted from: The Ultimate Gluten-Free Challah Recipe - [myjewishlearning.com](http://myjewishlearning.com).