

JAM FILLED SPELT RUGELACH



HEALTHY EATING SERIES
COMPLIMENTS OF SFG

Ingredients

1 stick room temperature salted butter
½ cup plain Greek yogurt
2 tbsp cane sugar
2 cups spelt flour
Your favorite jam (raspberry and apricot are traditional)

OPTIONAL

Powdered sugar for dusting the rugelach

Nutrition

Spelt is a species of wheat and is considered a *whole grain*. *Whole grain* flour typically provides more *fiber* than refined flour.

Greek yogurt replaces cream cheese in this recipe, which minimizes saturated fat and adds *protein*, *calcium* and *B vitamins* to this baked good.

While this recipe calls for a full stick of butter, each cookie only has 3-5 grams of fat from butter, and 2-3 grams of saturated fat. Current Dietary Guidelines recommend limiting saturated fat to less than 10% of total daily calories. If you consume 2,000 calories per day, that is roughly 22 grams of saturated fat (of course, the lower the better)! *Replacing cream cheese with Greek yogurt in this recipe helps to limit the saturated fat per cookie.*

Preparation time

20-30 min

Cook time

30-40 min

Total time

50-70 min

Servings

16-24 rugelach

Description

If you know anything about Rugelach, you know that it's typically made from butter, cream cheese, white flour and sugar. We're excited to share a healthy spin on this filled, Jewish pastry, minimizing sugar, eliminating cream cheese and using a more nutrient-dense flour. Make sure to make the dough ahead of time as it has to sit overnight before baking. Enjoy!

Directions

- Form Dough:** Using an electric mixer, cream the butter and yogurt until light. Add sugar and flour. Mix until combined and a dough is formed.
- Roll & Refrigerate Dough:** Roll the dough into a ball and cut into two equal pieces. Roll these into a ball, wrap in plastic, and store in the refrigerator overnight.
- Remove Dough & Preheat:** Remove the dough from the refrigerator 15-30 minutes before you want to make the cookies and set the oven to 300 degrees Fahrenheit.
- Form Wedges:** On a floured surface, roll each ball of dough into a circle. Spread the dough with a thin layer of jam. Using a sharp knife (or pizza cutter), cut the circle into 8-12 equal triangles/wedges.
- Roll and Bake:** Starting with the wide edge, roll each triangle up, and place the cookies, pointy edge tucked under, on a baking sheet lined with parchment paper. If you like, you can curve the cookies into crescent shapes. Bake for 30-40 minutes, until lightly browned. Remove to a wire rack and let cool for 10 minutes. Dust with powdered sugar (optional).

Notes

Different Shape: In step 4, you can roll out a rectangle, rather than a circle. This will form more of a square cookie (pictured), rather than a crescent. You'll roll up the dough long-ways (form a log), and then cut 1-2 inch slices all the way along.

Filling Variety: Use different jams for different flavors (or mini chocolate chips)!

Storage: Store at room temperature for a couple of days. Longer-term storage should be in the refrigerator or freezer.

Original Source: [Healthy Green Kitchen](#).