

RAPUNZEL'S BRAIDED BREAD



Servings: 16

What You'll Need

- 1 cup warm water
- 1 teaspoon yeast
- 1/4 cup canola oil
- 1/4 cup honey
- 3 cups white whole-wheat flour
- 1 teaspoon salt
- 1/16 teaspoon baking soda
- 2 tablespoons sour cream
- 4 ounces low-fat cream cheese, softened
- 1 cup frozen raspberries
- 1 teaspoon cane sugar
- 5 blueberries
- 3 strawberries

How To Make It

- 1 - Begin by combining the water, yeast, canola oil, and honey in a medium bowl. Give one stir and set aside for 5 minutes to activate the yeast.
- 2 - In a large bowl, combine the flour, salt, and baking soda.
- 3 - Once activated, add the wet contents to the dry and use a wooden spoon to gently stir until thoroughly mixed into a sticky, but firm dough. If too dry, add warm water, one teaspoon at a time. If too wet, add flour, one teaspoon at a time.
- 4 - Cover the bowl with a dish towel and set aside in a warm spot for 10 minutes.
- 5 - In the meantime, stir to combine sour cream and cream cheese in a small bowl. Set aside.
- 6 - Heat the frozen raspberries and cane sugar in a small saucepan over low heat until the berries can be smashed with a spoon into a jam-like consistency. Then let cool.
- 7 - Preheat the oven to 425° F.
- 8 - After 10 minutes the dough should be a bit larger in size. Place onto a floured surface and knead 2-3 times before rolling out into a rough rectangle about 1/4" thick.
- 9 - Mix the cream cheese with the raspberries and spread onto the dough in a thin, even layer. Keep a 1-inch border of dough on the edge.
- 10 - Roll the dough lengthwise onto itself and seal the edge by pinching the dough together with your fingers. You should have one long roll.
- 11 - Using a serrated knife, slice the roll down the center, starting from the middle.
- 12 - Begin braiding the dough by placing one segment on top of the other, twisting to keep the exposed part on top.
- 13 - Place on a floured cookie sheet or parchment paper and bake for 10 minutes. Remove, lightly cover with tinfoil, and bake another 10 minutes, until the edges are toasty and a knife or cake tester can be inserted and removed clean. Then let cool.
- 14 - To finish, add blueberries and sliced strawberries on top. Cut off the green leaves and make four slices from the bottom of the strawberry towards the top, leaving the top intact. Gently fan the slices beneath the blueberries to resemble flower petals. Slice and serve!

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