

# Low-Fat Zucchini Rolls

Recipe By *Brynie Greisman*



Cooking and Prep:  3  
h 10 m

Serves:  30

Contains:    

**Preference:** Parve

**Difficulty:** Easy

**Occasion:** Chanukah

**Diet:** Low Fat, Vegetarian,  
Pescetarian, Low Carb

**Source:** Family Table by  
Mishpacha Magazine

These are a cross between a muffin and a roll, with the advantage of being mezonot. Pureed zucchini gives excellent flavor and lowers the calorie content. Have no fear — you don't see the zucchini and it doesn't taste like zucchini, so don't give the secret away! I gave one to my spinning instructor, Tzivia P., and she told me it gave her energy and kept her full for hours. Pack one in your kid's school bag, one in your husband's briefcase, and one in your own lunch bag. Everyone will be happier and healthier!

## Ingredients (14)

### Main ingredients

- 5 and 1/4 cups whole wheat pastry flour
- 1/4 cup ground flaxseed
- 3 and 1/2 teaspoons **Gefen Dry Yeast**
- 3/8 cup sugar

- 1 and 1/2 teaspoons salt
- 1 and 1/2 – 2 cups packed, blended zucchini (see note)
- 1/4 cup water
- 1/4 cup Gefen Soy Milk
- 1/4 cup oil
- 1/8 cup Gefen Applesauce
- 2 large eggs
- 1 tablespoon natural dough enhancer (*optional*)
- cinnamon, for topping (*optional*)
- sugar, for topping (*optional*)

## Start Cooking

### Prepare the Rolls

Yields 30 rolls.

1. In a large mixer bowl, combine two to three cups of flour, flaxseed, yeast, sugar, and salt; mix well.
2. In a medium-sized pot, heat zucchini, water, soy milk, and oil until warm. Add to flour mixture.
3. Add applesauce, eggs, and dough enhancer, if desired. Blend mixture at low speed until moistened; beat three minutes at medium speed until smooth.
4. Gradually stir in remaining flour to make a soft dough.
5. Cover bowl and let rise in a warm place until light and doubled, about one and a half hours.
6. Punch down dough. Divide into four parts. Divide each part into seven to eight pieces.
7. Shape each piece into a smooth ball. Place in baking pan lined with Gefen Easy Baking Parchment Paper.
8. Cover; let rise in a warm place until double, about 45 minutes.
- 9.

Preheat oven (do this 15 minutes before the end of the rising time) to 375 degrees Fahrenheit (190 degrees Celsius).

10. Sprinkle rolls with cinnamon and sugar, if desired.
11. Bake for 20 minutes or until golden brown. Remove from pans and let cool.

**Note:**

To make packed, blended zucchini, peel five medium zucchini. Place in food processor with knife attachment and process until very fine. This will yield two cups of packed, blended zucchini. You can use just one and a half cups and freeze the rest for a vegetable soup.

**Tip:**

Serve with butter, jam, or just plain. These rolls freeze beautifully.

**Credits**

Photography: Daniel Lailah.

Food Styling: Amit Farber.