My Sweet Hearts

NIBBLEDISH CONTRIBUTOR

Ingredients

1. 500 gr all-purpose flour (I use only a whole wheat, it works very well too)
2. 1 egg, lightly beaten
3. 100 ml. milk
4. 70 ml vegetable oil
5. 100 ml. water, lucke warm

6. 25 gr. fresh yeast
7. 1/2 tsp salt
8. 100 gr. sugar

filling:

1. 1/2 cup applesauce
2. 1/4 cup raisins
3. 1/2 cup walnuts, coarsely chopped
4. 1/2 cup apple juice

more:

1. 1 egg white
2. 1 tbsp confectioners' sugar
3. 1 tsp cinnamon

Instructions

Prepare the dough:

Dissolve the fresh yeast into the lucke warm water with 1 tsp, which you'll take from the sugar

In a large mixing bowl combine flour, sugar and salt. Make a well in the center and pour in the dissolved yeast. In another bowl mix the egg, the oil, the milk, the water. Beat until all ingredients are combined. Stir in flour. Work with hands until a dough forms. Cover and let rise about 1 hour.

Soak raisins with the apple juice for 10 minutes. Dry them and combine with applesauce and walnuts.

Preheat oven to 180°. Roll the dough with the rollingpin on a lightly floured surface, cut in hearts or other forms with a cookie cutter. Spoon filling by teaspoonfuls onto one heart and cover with another one. Close well the ends with fork or your finger. Pleace the hearts on a lightly greaced cookie sheet. Brush with egg white. Bake for 10-15 minutes. Brush again with the remaning egg white and sprinkle with confectioners' sugar and cinnamon. Bake 5 more minutes. Let cool 10 minutes before serving.