



HOLIDAY BISCOTTI – Baking with Andrea Falcone

Be the talk of your next Holiday Party this season with these fibre packed cookies that bring the right sweetness to any meal! Prepped in 15 minutes and out of the oven an hour later, these are a great cookie to make a big batch of and gift-give with your favourite Holiday tea!

Makes: 35-40 cookies

2 C Bran cereal, crushed
1½ C all-purpose flour
¾ C granulated sugar
¾ C quick-cooking rolled oats
½ C unsalted pistachios, chopped (optional)
½ C dried cranberries
¼ C dried apricots, finely chopped
¼ C dark chocolate chips (optional)
2 tsp baking powder
3 tsp ground cinnamon
¼ C honey
3 eggs, lightly beaten
2 tbsp vegetable oil
1 tbsp vanilla

Pre-heat oven to 350oF.

Combine the bran cereal, all-purpose flour, sugar, rolled oats, pistachios, dried fruit, chocolate chips, baking powder and cinnamon together in a large bowl.

In a small bowl, beat the eggs, honey, oil and vanilla. Stir into the dry mixture until blended and the dough forms a crumbly mixture.

Turn the dough out onto a lightly floured surface and knead 10 to 15 times, until the dough holds together. Divide the dough in half and shape each half into a log (3-inch diameter). Place onto a parchment-paper lined baking sheet (or lightly oiled).

Bake for 30 minutes. Remove from the oven and reduce the heat to 325oF. Remove the logs from the baking sheet and allow to cool on a rack for 5 minutes. Using a serrated knife, cut each log into ½ inch thick slices. Return the slices, on their sides, to the baking sheet.

Bake for 10 minutes. Turn the biscotti over and bake for another 10 minutes or until lightly brown. Allow to cool.

<i>Nutritional Analysis per serving (1 cookie)</i>			
70 calories			
Carbohydrate	14.3 g	Fat	1.4 g
Protein	1.6 g	Fibre	1.7 g

For more great recipes from Andrea visit, www.healthyeatinghealthyyou.com

DEDICATED CLOTHING | Comforting your Body & Soul
www.dedicatedclothing.com