

GRANOLA BISCOTTI

Servings: 25-30 biscotti **Ready in about:** 1 ½ - 2 hours

salt

1 cup whole wheat flour

1½ cups rolled oats

1 tsp baking powder

1/4 tsp baking soda

6 tbsp butter, melted
1/4 cup white sugar
1/4 cup brown sugar

2 large eggs

1/2 tsp vanilla extract
1/2 cup almonds, sliced

1/2 cup unsweetened coconut, shredded (optional)

1 cup dried fruit (such as raisins, cranberries, cherries, or chopped apricots or figs)

INSTRUCTIONS:

1/2 tsp

- 1. Position a rack in the centre of the oven and heat to 325°F. Line a baking sheet with parchment paper.
- 2. Mix the flour, rolled oats, baking powder, baking soda, and salt in a small bowl.
- 3. Whisk the melted butter and sugars in the bottom of a large bowl. Whisk in the eggs and vanilla. Stir in the dry ingredients, nuts, coconut, and dried fruit. Expect a stiff batter.
- 4. On a floured counter, using floured hands, shape half the dough into a log about 12 -14 inches long. Transfer the dough log to the baking sheet, and pat lightly until it becomes more oval-shaped. Repeat with the second half of the dough. Bake logs for 20 minutes, until they are lightly golden brown and beginning to form cracks.
- 5. Let cool for about 1 hour. With a sharp knife, cut the logs on an angle into ½-inch thick slices. They will be crumbly so cut as gently as possible.
- 6. Transfer the slices back to the parchment-lined baking sheet. Bake for another 20 minutes, until browned.
- 7. Cool the biscotti on the baking sheet, or transfer to a rack.

TIPS:

- Try different flavours such as almonds or pumpkin seeds for pistachios, or add cinnamon or orange zest.
- Store in an airtight container at room temperature for up to 2 weeks. Or wrap and store in the freezer.

Adapted from: Smitten Kitchen Everyday, Deb Perlman. 2017

PUBLIC HEALTH

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Nutrition Tips

To increase the fibre and reduce the saturated fat in this recipe, we used:

Non-hydrogenated margarine

Whole wheat flour