



### **Black Forest Biscotti**

Makes 30 cookies

These twice-baked cookies are a holiday classic. They are crisp and crunchy; perfect for dipping in coffee or simply for snacking. Best of all, they are naturally low in fat and calories!

- 1 cup all-purpose flour\*
- 1 cup whole wheat flour\*
- 1 cup sugar
- ¼ cup chopped toasted almonds
- 1/3 cup dried cherries
- ¼ cup unsweetened cocoa
- ½ tsp. baking powder
- ½ tsp. baking soda
- ½ tsp. salt
- 2 Tbsp. water
- 1 tsp. vanilla extract
- ½ tsp. almond extract
- 2 eggs
- 1 egg white

\*Use 2 cups all-purpose flour and omit the whole wheat flour.

- Preheat oven to 325°.
- Combine first 9 ingredients (flour through salt) in a large bowl. In another bowl, combine water, extracts, eggs and egg white. Add to flour mixture stirring until well blended.
- Turn dough out onto a lightly floured surface and knead lightly 7 or 8 times. Shape into a 16 " long roll and place on a baking sheet coated with cooking spray. Flatten to 1 " thickness.
- Bake for 30 minutes. Remove the roll from the baking sheet to a wire rack and cool 10 minutes. Cut diagonally into 30 (1/2" slices) and place cut side down on baking sheet.
- Bake for 10 minutes. Turn cookies over and bake for an additional 10 minutes. Remove from baking sheet and cool on wire rack.

Recipe adapted from Cooking Light Magazine.

#### **Nutritional Information (per cookie):**

|                   |                     |
|-------------------|---------------------|
| Calories: 72      | Carbohydrate: 13.8g |
| Total Fat: 1.3g   | Dietary Fiber: 1.1g |
| Saturated Fat: 0g | Protein: 2g         |