



Elliott Evans Nutrition, LLC
Prevent and Protect
Jan Elliott Evans, PhD, RD, CNSD
Registered Dietitian
drevans@ub-well.com
www.ub-well.com
(804) 339-3200

SPICY BISCOTTI

By Deb Schiff, author of *Altered Plates*

Makes 18 2-cookie servings

1 cup whole wheat pastry flour
1/4 cup barley flour (original recipe calls for coconut flour – go for it if you can find it!)
2 teaspoons baking powder
1 cup almond meal
1/2 cup coarsely chopped almonds
2 tablespoons flax meal
4 tablespoons water
1 tablespoon cinnamon
2 tablespoons cardamom
1 tablespoon ginger
2/3 cup agave nectar
1 teaspoon vanilla
1 tablespoon lemon zest

Preheat the oven to 300 degrees F.

In a small bowl, combine the flax meal and the water, mixing well. Set aside.

Line a baking sheet with parchment paper.

In a large bowl, sift together the flours, baking powder, and spices. Mix in the almond meal until well incorporated.

In a medium bowl, beat together the agave nectar, vanilla, and lemon zest. Add the wet ingredients to the dry ingredients until well combined. Fold in almonds. Cover the dough with plastic wrap and refrigerate for 15 minutes.

Divide the dough in half. On a well-floured surface, shape each half into a log. Transfer the logs to your prepared baking sheet. Lightly wet your hands with water and pat down the tops of each log so that they are flattened a little. There should be at least 3 inches between each log.

Bake the logs for 30 minutes. Take the pan out of the oven and let the logs cool for 15 minutes on a wire rack. (Tip: slide the entire thing, logs and parchment paper, onto the rack to cool.)

Transfer the logs one at a time to a cutting board and slice the logs into 1/4 inch slices. Transfer the slices back to the baking sheet and bake them for 30 minutes, or until lightly browned. You want these to be crunchy, so don't be afraid if they darken a little. Just don't burn them. Cool the cookies completely on a wire rack before serving.

Nutrition Profile: Calories: 130; Fat: 5 g; Sat Fat: 0 g; Cholesterol: 0 mg; Sodium: 50 mg; Carbs: 19 g; Fiber: 3 g; Protein: 3 g

