

Almond and Apricot Biscotti

Ingredients:

¾ cup whole wheat flour

¾ cup all-purpose flour

¼ cup firmly packed brown sugar

1 tsp baking powder

2 eggs, lightly beaten

¼ cup 1% low-fat milk

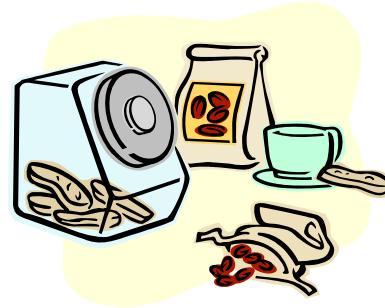
2 ½ Tbsp canola oil

2 Tbsp dark honey

½ tsp almond extract

2/3 cup chopped dried apricots

¼ cup coarsely chopped almonds



Preheat the oven to 350°F. In a large bowl, combine the flours, brown sugar and baking powder. Whisk to blend. Add the eggs, milk, canola oil, honey and almond extract. Stir with a wooden spoon until the dough just begins to come together. Add the chopped apricots and almonds. With floured hands, mix until the dough is well-blended. Place the dough on a long sheet of plastic wrap and shape by hand into a flattened log 12 inches long, 3 inches wide and about 1 inch high. Lift the plastic wrap to invert the dough onto a nonstick baking sheet. Bake until lightly browned, 25 to 30 minutes. Transfer to another baking sheet to cool for 10 minutes. Leave the oven set at 350°F. Place the cooled log on a cutting board. With a serrated knife, cut crosswise on the diagonal into 24 slices ½-inch wide. Arrange the slices, cut side down, on the baking sheet. Return to the oven and bake until crisp, 15 to 20 minutes. Transfer to a wire rack and let cool completely. Store in an airtight container.

Makes 24 cookies.

Nutritional Analysis per cookie: 73 calories, 2g fat, 0g sat fat, 68mg sodium, 1g fiber

Source: [The New May Clinic Cookbook](#), published by Mayo Clinic Health Information and Oxmoor House