

Classic Orange-Almond Biscotti

(Makes about 3 dozen biscotti - 36 servings)

You don't have to skip the Christmas cookies! When it comes to a sweet treat, why not try these crispy Italian cookies? Or, if you're feeling particularly festive, opt for our spiced biscotti variation. They'll store in an airtight container for a month – if they last that long.

Ingredients:

- ¾ cup slivered almonds
- 1 large egg
- ½ cup egg substitute
- ½ cup sugar
- ½ cup sugar substitute
- ½ teaspoon pure vanilla extract
- ¼ teaspoon almond extract
- 2 ¼ cups unbleached all-purpose flour, plus more for handling the dough
- ½ teaspoon baking powder
- ¼ teaspoon baking soda
- ¼ teaspoon kosher salt
- 2 tablespoons grated orange zest (from 1 large orange)

Directions:

- 1) Preheat the oven to 350°F. Line a large baking sheet with parchment paper.
- 2) Place the almonds in a small pan and toast for 3 to 5 minutes, shaking the pan occasionally, until nicely browned. Set aside.
- 3) Using an electric mixer, beat the egg, egg substitute, sugar, sugar substitute, vanilla, and almond extract until the mixture lightens and begins to thicken, about 5 minutes. Sift the flour, baking powder, baking soda, and salt over the egg mixture. Add the almonds and orange zest. Fold to incorporate until just combined. The dough should be somewhat sticky.
- 4) Drop the batter onto the prepared baking sheet by large spoonfuls, forming two rows. Using floured hands, form each row into a log 10 x 2 inches long with a slightly rounded top.
- 5) Bake for 30 to 35 minutes, turning the baking sheet once, until the top begins to crack and the logs feel solid. Remove the logs from the pan and cool for 10 minutes on a rack. (Leave the oven on).
- 6) Place the logs on a cutting board and slice on the diagonal into ½-inch cookies. Place on the baking sheets and bake for 15 minutes to ensure crispness. Transfer to a cooling rack. Store in an airtight container.

Nutritional Analysis: (per Biscotti)

- Calories: 50 (21% calories from fat)
- Total Fat: 1.5 g
- Saturated Fat: 0 g
- Protein: 2 g
- Carbohydrates: 9 g
- Dietary Fiber: 0 g
- Cholesterol: 5 mg
- Sodium: 40 mg
- Potassium: 25 mg

Variation: Spiced Biscotti

- Follow the recipe for Orange-Almond Biscotti.
- Macerate ½ cup currants in 2 tablespoons brandy for 1 hour.
- Omit the almonds, orange zest, and almond extract.
- Add ½ teaspoon ground cinnamon, ¼ teaspoon ground ginger, and ½ teaspoon ground cloves.
- Fold in the currants and 2 teaspoons of the brandy.

Dietitians' Note:

Our Classic Orange-Almond Biscotti have 41 percent fewer calories and 30 percent less fat than traditional almond biscotti.