

# SIMPLY GREAT FOOD BY DIETITIANS OF CANADA

*Fibre-Power  
Biscotti*  
Makes 30 biscotti



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## Fibre-Power Biscotti

Makes 30 biscotti

Biscotti are twice-baked cookies. These ones taste even better than the coffeeshop version, and they're full of fibre and other good-for-you ingredients.

**Preparation:** 15 minutes | **Cooking:** 60 minutes | **Preheat oven to:** 350 °F (180 °C)  
**Baking sheets, lightly greased or lined with parchment paper**

2 cups	bran cereal, crushed	500 mL
1½ cups	cups all-purpose flour	375 mL
1 cup	granulated sugar	250 mL
¾ cup	quick-cooking rolled oats	175 mL
½ cup	each: sliced almonds and finely chopped dried apricots	125 mL
2 tsp	baking powder	10 mL
3	eggs, lightly beaten	3
1 tbsp	vegetable oil	15 mL
2 tsp	almond extract	10 mL
1 tsp	vanilla	5 mL

1. In a large bowl, combine all dry ingredients.
2. In a small bowl, beat eggs, oil, almond extract and vanilla. Stir into bran cereal mixture until well blended (dough will be dry and crumbly).
3. Turn dough out onto a lightly floured surface and knead 10 to 15 times, until dough holds together. Divide dough in half and shape each half into a log about 8 in (20 cm) long and 3 in (7.5 cm) wide. Place on baking sheets.
4. Bake for 30 min. Remove from oven and reduce oven temperature to 325 °F (160 °C). Remove logs from baking sheets and let cool on a wire rack for 10 min.
5. Using a serrated knife, cut each log into ½ in (1 cm) thick slices. Return slices, to baking sheets.
6. Bake for 15 min. Turn biscotti over and bake for 15 to 20 min or until light brown. Let cool.

### NUTRIENTS Per Serving

Calories: 94	Carbohydrate: 18.0 g	Calcium: 32 mg
Fat: 2.1 g	Fibre: 2.5 g	Iron: 1.1 mg
Sodium: 44 mg	Protein: 2.4 g	

