

Baking with the Ballet

# Ballerina Biscotti



*This healthier holiday treat, straight from Houston Methodist's repertoire, will have you dreaming of sugar plums and dancing pirouettes. Yield: 20 servings*

## INGREDIENTS

3/4 cup all-purpose flour	2 egg whites	1/3 cup dried cranberries or cherries
3/4 cup whole wheat flour	3 tablespoons ground flax seeds or 1 tablespoon canola oil	1/4 cup chopped salted shelled pistachios
1/8 teaspoon salt	1 teaspoon vanilla extract	
1/2 cup granulated sugar	1 teaspoon almond extract	
1 whole egg		

## DIRECTIONS

1. Preheat oven to 350°F and line a baking sheet with parchment paper.
2. In a large mixing bowl, combine both flours and salt.
3. Using a stand mixer, beat the eggs and sugar with paddle attachment until they lighten in color and thicken.
4. Add ground flax seed (or oil, if using) and both extracts to the egg and sugar mixture, and beat until well-combined.
5. On low speed, add in the flour mixture and mix until just combined.
6. Using a spatula, fold in the cranberries and chopped pistachios.
7. Lay the dough out on a parchment-lined baking sheet and form into a 10-inch log.
8. Flatten the log slightly on the top.
9. Bake in preheated oven for 25 minutes, then place the biscotti on a wire rack to cool for 10 minutes.
10. Turn down oven temperature to 325°F.
11. Using a serrated knife, cut the biscotti into 1/2-inch diagonal slices.
12. Place biscotti back on the baking sheet, cut side down, and bake for 10 minutes. After 10 minutes, flip the biscotti over and bake another 10 minutes. Cool the biscotti on a wire rack.

*Per serving: Calories 86; Total Fat 1.4 g; Sodium 29 mg; Total Carbohydrates 16 g; Dietary Fiber 1.2 g; Protein 2.3 g*



OFFICIAL HEALTH CARE PROVIDER

