

**Biscotti**

4	egg whites	4
½ cup	liquid honey	125 mL
½ cup	water	125 mL
2 cups	all purpose flour	500 mL
2/3 cup	granulated sugar	150 mL
1 ½ tsp.	baking powder	7 mL
1 ½ tsp.	baking soda	7 mL
¼ tsp.	salt	1 mL
2 tbsp.	cinnamon	25 mL
1 ½ cups	whole unblanched almonds	375 mL
½ cup	whole flaxseed	125 mL
2/3 cup	dried cranberries (optional)	150 mL

- Preheat oven to 350° F (180° C).
- In a bowl whisk together the egg whites, liquid honey and water.
- In another bowl, sift together flour, sugar, baking powder, baking soda, salt, cinnamon, almonds, whole flaxseed and dried cranberries.
- Mix dry ingredients into liquid ingredients. Mix just until blended.
- Spread dough on parchment paper on baking pan, making two loaves 4 inches (10 cm) wide. Smooth edges slightly.
- Bake 40 to 45 minutes or until dark and firm.
- Reduce oven temperature to 250° F (120° C).
- Cut loaves into ½ inch (1 cm) slices. Place standing slices on baking sheet and bake 10 to 15 minutes or until very crisp.
- Cool in oven for several hours.
- Store in airtight container in refrigerator.

Variation: For chocolate, use 2 tbsp. (25 mL) cocoa powder instead of cinnamon; use mini chips instead of cranberries.

Yield: 50 slices

Serving Size: 2 slices

**Single Serving Nutrient Values**

Calories	145
Protein	3.61 g
Carbohydrates	22.01 g
Fiber	2.45 g
Fat	5.45 g
Saturated	0.52 g
Monounsaturated	3.00 g
Polyunsaturated	1.64 g
Cholesterol	0 mg
Folate	29.29 mcg

Potassium	111.60	mg
Sodium	126.38	mg