



Holiday Recipes From The AICR Test Kitchen



Ginger Spice Biscotti

Ingredients:

Canola oil spray	2 large eggs
1 1/4 cups unbleached, all purpose flour	1/3 cup canola oil
1 cup whole-wheat pastry flour	1/4 cup unsweetened apple butter or applesauce
4 tsp. ground ginger	1/2 cup packed dark brown sugar
1 tsp. cinnamon	1/2 cup dried cranberries or other chopped dried fruit
1 1/2 tsp. baking powder	
1/4 tsp. allspice	
1/4 tsp. salt	



Instructions:

Preheat oven to 325 degrees. Coat a large cookie sheet with oil spray. Set aside.

Mix dry ingredients together in a bowl. Use a food processor or hand mix eggs with oil and apple butter until blended. Blend in the sugar. Add half of the dry mixture and blend until smooth. Add remaining dry (The dough will be soft and sticky but easy to handle.) Transfer dough to a large bowl. Fold in the dried fruit.

Place one-half of the dough at each end of the cookie sheet. With damp hands, form each piece of dough into a log 3 inches wide and about 3/4-inch high. Place logs about 4 inches apart. (Logs will spread during baking.) Bake 25-30 minutes, or until firm to the touch. Remove from oven and cool 10 minutes. (Leave heat on.)

With a serrated knife, cut each log into 1/2-inch cookies cut on the diagonal. Bake 10 minutes. Turn each cookie over and bake 10 more minutes. Turn off heat and leave biscotti in the oven 10 minutes. Remove and cool on a wire rack.

Nutritional Information:

Makes 40 biscotti. Per serving: 63 calories, 2 g. total fat (less than 1 g. saturated fat), 10 g. carbohydrate, 1 g. protein, less than 1 g. dietary fiber, 38 mg. sodium.

Did you know?

- Gingerol is the principal flavor and odor constituent of ginger with a structure similar to the active compound in chile peppers, capsaicin.
- Queen Elizabeth I of England is credited with the invention of the gingerbread man, which became a popular Christmas treat.
- Foods that contain dietary fiber, like whole-wheat flour, probably reduce the risk of colorectal cancer.

