



Cranberry and Orange Biscotti

Ingredients:

½ cup sugar
¼ cup honey
¼ cup molasses
¼ cup softened butter
1 tbsp orange zest
3 eggs
3 cups flour
1 tbsp baking powder
1 cup dried cranberries (coarsely chopped)
¼ cup chopped almonds

Glaze:

1 cup powdered sugar
1 tsp orange zest
1 tbsp skim milk

1. In large bowl, combine sugar, honey, molasses and butter. Beat until well blended.
2. Add orange zest, baking powder, and eggs; beat well.
3. Stir in flour and mix well.
4. Stir in cranberries and almonds.
5. With spray-coated hands, shape dough into 3 rolls, about 7 inches long. Place rolls at least 3 inches apart on parchment lined cookie sheet; flatten each to form ¾ inch thick rectangle, about 3 inches wide and 7 inches long.
6. Bake at 350 for 18-25 minutes or until rectangles are light golden brown and centers are firm to the touch. Place rectangles on wire racks; cool 5 minutes.
7. With serrated knife, cut each rectangle into ½ inch slices; place cut side up, on cookie sheet.
8. Bake at 350 for 6-8 minutes or until top surface is slightly dry.
9. Turn cookies over; bake an additional 6 to 8 minutes or until top surface is slightly dry.
10. Remove cookies from cookie sheets; cool completely on wire racks.
11. In small bowl, combine all glaze ingredients, adding enough milk for desired drizzling consistency. Drizzle over cookies.
12. Let stand until glaze is set. Store tightly covered. Makes about 4 dozen cookies.

Nutrition Facts

Serving Size: 2 cookies

Calories	178
Total Fat	4g
Saturated Fat	2g
Cholesterol	32mg
Sodium	72mg
Carbohydrate	34g
Dietary Fiber	2g
Protein	2g

Diabetic Exchanges

Protein	0
Carbohydrate	2
Fat	1

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