

## Cooking for Wellness

Sponsored by:



## Chocolate, Raspberry and Walnut Whole Wheat Biscotti

## **Ingredients**

2 1/4 cups whole wheat pastry flour 1 tsp. baking powder 1/4 tsp. salt 1 cup brown sugar 3 large eggs 1 tsp. vanilla extract 1 cup freeze dried raspberries 1/2 cup dark chocolate chips 1/4 cup walnuts



## Instructions

- 1. Chop walnuts.
- 2. Place a rack in the center of the oven and preheat the oven to 350 degrees F. Line a baking sheet with parchment paper.
- 3. Sift together the flour, baking powder, and salt.
- 4. Beat the sugar, eggs, and vanilla on medium speed until fluffy. Add the dry ingredients to the batter and mix until a sticky dough forms.
- 5. Carefully fold the raspberries, chocolate, and walnuts into the dough. Take care to prevent the raspberries from crumbling.
- 6. Transfer the dough onto a clean floured surface and divide it in half. Form each half into a rough  $10 \times 2 \log$ . Transfer each  $\log$  to the prepared baking sheet and bake for  $30 \times 10^{-5}$  minutes., until golden brown. Remove the  $\log$ s and let them cool for  $12 \times 10^{-5}$  minutes.
- 7. Reduce the oven temperature to 300 degrees F. Using a serrated knife, slice each log diagonally into 3/8 thick sections. Transfer the cut slices back onto parchment paper and bake until golden and crisp throughout, about 10 minutes on each side.
- 8. Remove the biscotti from the oven and allow them to cool completely on a rack before serving.