



Brown Sugar Granola Biscotti

 Vegetarian

READY IN



45 min.

SERVINGS



36

CALORIES



78 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon anise seeds coarsely chopped
- ☐ 0.8 teaspoon double-acting baking powder
- ☐ 2 large eggs cold lightly beaten
- ☐ 1 cup flour all-purpose
- ☐ 2 cups cereal
- ☐ 1 teaspoon lemon zest finely grated
- ☐ 0.7 cup brown sugar light packed
- ☐ 36 servings salt

- ☐ 5 tablespoons butter unsalted cold cut into small pieces
- ☐ 1 teaspoon vanilla extract pure

Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ spatula
- ☐ serrated knife

Directions

- ☐ In a food processor, combine the flour, sugar, lemon zest, anise seeds, baking powder and a pinch of salt and pulse a few times to blend.
- ☐ Add the butter and pulse just until incorporated.
- ☐ Add the eggs and vanilla and process just until combined. Scrape the dough into a bowl and stir in the granola. Cover and refrigerate until firm, about 30 minutes.
- ☐ Preheat the oven to 35
- ☐ Lightly butter a baking sheet. Quarter the chilled dough and shape into four 6-by-1-inch logs; flatten each log into a rectangular shape.
- ☐ Transfer the logs to the prepared baking sheet and bake for about 20 minutes, or until golden brown and almost firm.
- ☐ Let the logs cool on the baking sheet for 5 minutes.
- ☐ Transfer the logs to a work surface with a metal spatula. Using a serrated knife and a gentle sawing action, slice the logs crosswise 1/2 inch thick. Arrange the biscotti on their sides on the baking sheet and bake for about 12 minutes, or until very firm and beginning to brown.
- ☐ Transfer the biscotti to a rack to cool completely. Store in an airtight container.
- ☐ Make Ahead: The biscotti can be kept at room temperature in an airtight container for up to 1 week or frozen for up to 2 weeks.

Nutrition Facts



 **PROTEIN 7.76%**  **FAT 35.25%**  **CARBS 56.99%**

Properties

Glycemic Index:4.78, Glycemic Load:1.94, Inflammation Score:-1, Nutrition Score:2.0817391243966%

Nutrients (% of daily need)

Calories: 78.26kcal (3.91%), Fat: 3.11g (4.78%), Saturated Fat: 1.24g (7.76%), Carbohydrates: 11.3g (3.77%), Net Carbohydrates: 10.84g (3.94%), Sugar: 5.37g (5.97%), Cholesterol: 14.51mg (4.84%), Sodium: 210.25mg (9.14%), Alcohol: 0.04g (100%), Alcohol %: 0.24% (100%), Protein: 1.54g (3.08%), Manganese: 0.21mg (10.54%), Selenium: 3.27µg (4.68%), Vitamin B1: 0.05mg (3.31%), Phosphorus: 31.89mg (3.19%), Iron: 0.57mg (3.14%), Vitamin B2: 0.04mg (2.53%), Folate: 10.08µg (2.52%), Vitamin E: 0.34mg (2.25%), Magnesium: 7.81mg (1.95%), Fiber: 0.46g (1.84%), Calcium: 17.22mg (1.72%), Copper: 0.03mg (1.48%), Vitamin B3: 0.28mg (1.4%), Zinc: 0.2mg (1.35%), Vitamin A: 63.79IU (1.28%), Potassium: 40.84mg (1.17%), Vitamin B5: 0.1mg (1.05%)