



Eggless Almond Biscottis



Vegetarian



Vegan



Dairy Free

READY IN



33 min.

SERVINGS



15

CALORIES



129 kcal

DESSERT

Ingredients

- ☐ 0.5 Teaspoon almond extract pure (I Made It)
- ☐ 6 Tablespoons apple sauce sweetened
- ☐ 0.5 Tablespoon double-acting baking powder
- ☐ 1.5 Tablespoons canola oil
- ☐ 0.3 Teaspoon salt
- ☐ 0.8 cup slivered almonds
- ☐ 0.8 cup sugar (See My Notes)
- ☐ 0.8 cup unbleached all purpose flour

- ☐ 0.5 Teaspoon vanilla extract pure
- ☐ 0.8 cup flour whole wheat (See My Notes)

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ aluminum foil
- ☐ spatula

Directions

- ☐ Preheat the oven to 350F (175C) for 15 minutes. Line a standard size baking sheet with foil or parchment and set aside. In a large bowl, mix together the flours, baking powder, and salt until thoroughly combined. In a medium bowl whisk together the sugar, applesauce, oil and extracts.
- ☐ Add the sugar mixture and almonds to the flour mixture, stirring to combine. Finish mixing with your hands until thoroughly combined. With floured hands, shape the dough into 1 log about 3 inch wide and 3/4 inch in thickness and transfer to prepared baking sheet. (See My Notes)
- ☐ Bake on the center rack 25 minutes or until firm to the touch.
- ☐ Remove the baking sheet from the oven and let cool 15 minutes. Decrease the oven temperature to 300F(150C). Using a sharp knife carefully cut the cooled log crosswise into 1/2 inch wide slices.
- ☐ Remove the foil and place the slices, cut-side down, on the baking sheet.
- ☐ Bake about 7 to 10 minutes, or until bottoms are just golden. Turn the slices over and bake to 5 to 8 minutes, or until bottoms are golden. Using a spatula, transfer to a wire rack and let cool completely. Store in airtight containers up to two weeks, or freeze.

Nutrition Facts



 **PROTEIN 7.76%**  **FAT 29.26%**  **CARBS 62.98%**

Properties

Glycemic Index:11.47, Glycemic Load:7.13, Inflammation Score:-2, Nutrition Score:4.4226086630445%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.36mg, Epicatechin: 0.36mg, Epicatechin: 0.36mg, Epicatechin: 0.36mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 128.79kcal (6.44%), Fat: 4.34g (6.68%), Saturated Fat: 0.34g (2.15%), Carbohydrates: 21.04g (7.01%), Net Carbohydrates: 19.48g (7.09%), Sugar: 10.85g (12.06%), Cholesterol: 0mg (0%), Sodium: 81.7mg (3.55%), Alcohol: 0.09g (100%), Alcohol %: 0.32% (100%), Protein: 2.59g (5.19%), Manganese: 0.41mg (20.63%), Vitamin E: 1.69mg (11.29%), Selenium: 6.13µg (8.75%), Phosphorus: 63.22mg (6.32%), Vitamin B2: 0.11mg (6.25%), Fiber: 1.55g (6.21%), Vitamin B1: 0.09mg (6.12%), Magnesium: 24.5mg (6.12%), Copper: 0.09mg (4.59%), Vitamin B3: 0.87mg (4.34%), Iron: 0.77mg (4.28%), Folate: 16.63µg (4.16%), Calcium: 41.4mg (4.14%), Zinc: 0.37mg (2.48%), Potassium: 73.17mg (2.09%), Vitamin B6: 0.04mg (1.81%), Vitamin K: 1.16µg (1.11%)