



Honey "Tree Bark" Biscuits

READY IN



45 min.

SERVINGS



24

CALORIES



209 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 0.8 pound triple-crème cheese such as st. andré
- ☐ 1 large eggs
- ☐ 1.8 cups flour all-purpose
- ☐ 24 servings blueberries in gin syrup
- ☐ 3 tablespoons granulated sugar
- ☐ 0.5 cup honey
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons turbinado sugar such as sugar in the raw

- ☐ 0.5 stick butter unsalted cut into 1/2-inch cubes
- ☐ 0.5 teaspoon vanilla extract pure
- ☐ 1 cup walnut pieces

Equipment

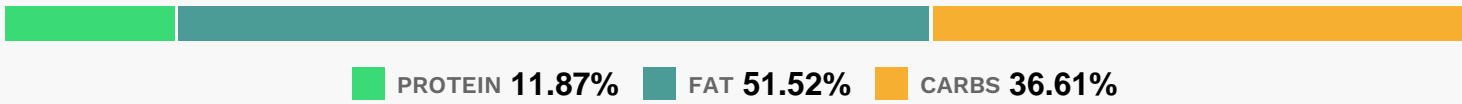
- ☐ food processor
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ rolling pin
- ☐ offset spatula

Directions

- ☐ Preheat oven to 350°F with racks in upper and lower thirds.
- ☐ Cut 2 sheets of parchment paper to line bottom of a large 4-sided sheet pan (17 by 13 by 1 inch).
- ☐ Pulse together flour, walnuts, granulated sugar, baking soda, and salt in a food processor until nuts are finely ground.
- ☐ Add butter and pulse until mixture resembles coarse meal with some small (roughly pea-size) butter lumps.
- ☐ Whisk together honey, egg, and vanilla, then add to flour mixture and pulse just until dough comes together. (Dough will be soft.)
- ☐ Transfer dough to 1 sheet of trimmed parchment (not in pan) and cover with second sheet.
- ☐ Roll over with a rolling pin to spread dough evenly between sheets into a roughly 15- by 11-inch rectangle.
- ☐ Transfer dough in parchment to pan and remove top sheet.

- ☐ Using wet offset spatula, spread dough into corners of pan to cover parchment completely. Holding a paring knife sideways, drag tip over dough at roughly 1/2-inch intervals to create lines resembling those on tree bark.
- ☐ Sprinkle dough evenly with turbinado sugar.
- ☐ Bake in upper third of oven until set and dry to the touch, 20 to 25 minutes. Cool in pan on a rack 5 minutes.
- ☐ Reduce oven temperature to 300°F.
- ☐ Run a knife around edge of pan, then invert bark onto a work surface. Discard parchment.
- ☐ Fold bark in half lengthwise so that it breaks with uneven edges. Repeat with each piece. Tear each strip crosswise into 6 pieces.
- ☐ Divide biscuits, sugar sides up, between 2 baking sheets (biscuits may touch).
- ☐ Bake, switching position of pans halfway through baking, until deep golden brown, 15 to 25 minutes. (Biscuits will crisp completely as they cool.)
- ☐ Transfer to racks to cool.
- ☐ Biscuits improve in flavor if baked 3 days ahead and will keep in an airtight container 1 week.

Nutrition Facts



Properties

Glycemic Index:10.81, Glycemic Load:9.28, Inflammation Score:-3, Nutrition Score:4.4873912797674%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg

Nutrients (% of daily need)

Calories: 208.88kcal (10.44%), Fat: 10.2g (15.69%), Saturated Fat: 4.31g (26.93%), Carbohydrates: 16.31g (5.44%), Net Carbohydrates: 15.72g (5.72%), Sugar: 8.51g (9.45%), Cholesterol: 26.99mg (9%), Sodium: 167.93mg (7.3%), Alcohol: 5.04g (100%), Alcohol %: 11.11% (100%), Protein: 5.29g (10.58%), Manganese: 0.24mg (11.99%), Selenium: 8.07µg (11.53%), Calcium: 108.69mg (10.87%), Phosphorus: 97.22mg (9.72%), Vitamin B2: 0.13mg (7.58%), Folate: 25.62µg (6.41%), Vitamin B1: 0.09mg (6.28%), Zinc: 0.79mg (5.24%), Copper: 0.1mg (5.16%), Vitamin A: 213.09IU (4.26%), Iron: 0.67mg (3.69%), Magnesium: 14mg (3.5%), Vitamin B3: 0.61mg (3.07%), Vitamin B12: 0.17µg (2.88%), Fiber: 0.59g (2.35%), Vitamin B6: 0.05mg (2.27%), Vitamin B5: 0.17mg (1.66%), Vitamin E: 0.22mg (1.48%), Potassium: 50.03mg (1.43%), Vitamin D: 0.16µg (1.08%)