



## Vegan Chocolate Hazelnut Biscottis



Gluten Free



Dairy Free



Low Fod Map

READY IN



50 min.

SERVINGS



18

CALORIES



110 kcal

DESSERT

### Ingredients

- ☐ 0.5 Teaspoon almond extract
- ☐ 0.3 cup vanilla almond milk
- ☐ 2 Tablespoons arrowroot powder (Cornstarch Can Be Used Too)
- ☐ 2 Teaspoons double-acting baking powder
- ☐ 0.5 cup canola oil
- ☐ 0.3 cup dutch processed cocoa powder/regular
- ☐ 2 Tablespoons flax seed meal
- ☐ 1 cup hazelnuts raw whole

- ☐ 0.5 cup quinoa flour
- ☐ 0.5 Teaspoon salt
- ☐ 0.8 cup plus 2 tablespoons sugar
- ☐ 0.5 Teaspoon vanilla extract

## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ cutting board
- ☐ serrated knife

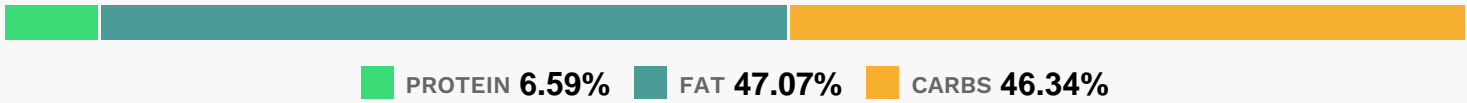
## Directions

- ☐ Preheat the oven to 350F/180C for 15 minutes. Lightly grease a large cookie sheet. (See Notes)In a large bowl, whisk together milk, flax seed meal for about 30 seconds.
- ☐ Add the sugar, oil and extracts and stir until smooth.Sift in the flour, cocoa powder, arrowroot, baking powder and salt.Stir to mix and just as the dough starts to come together, knead in hazelnuts.Knead very briefly to form a stiff dough. Push in the nuts if it pops out.On the baking sheet, form the dough into a rectangle about 12 inches long and 3-4 inches wide.
- ☐ Bake for 28 minutes, until lightly puffed. The top may also be slightly crackled. It was just 26 minutes and the bottom already started to burn, so I removed it from the oven. So be alert and keep an eye on it once it crosses 20 minutes.
- ☐ Remove from the oven, allow to cool for 30 minutes, until very firm.Turn up the oven to 375F/190C.Carefully transfer the baked dough to a cutting board. With a serrated knife, slice 1/2-inch thick slices. Push down the knife in one shot; don't saw the slices off because it could crumble. The biscottis are very delicate at this stage so be gentle while handling it.Set the slices on the cookie sheet and bake for 12-15 minutes until your desired level of brownness and crispness is achieved.

☐

Remove from the oven and cool for a few minutes on the baking sheet before transferring the slices to a cooling rack. When completely cool, store in an air tight container.

# Nutrition Facts



## Properties

Glycemic Index:16.34, Glycemic Load:6.64, Inflammation Score:-1, Nutrition Score:3.7486956883222%

## Flavonoids

Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 3.14mg, Epicatechin: 3.14mg, Epicatechin: 3.14mg, Epicatechin: 3.14mg Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

## Nutrients (% of daily need)

Calories: 109.53kcal (5.48%), Fat: 6.09g (9.37%), Saturated Fat: 0.55g (3.41%), Carbohydrates: 13.49g (4.5%), Net Carbohydrates: 11.78g (4.28%), Sugar: 8.68g (9.64%), Cholesterol: 0mg (0%), Sodium: 119.29mg (5.19%), Alcohol: 0.08g (100%), Alcohol %: 0.29% (100%), Caffeine: 3.66mg (1.22%), Protein: 1.92g (3.84%), Manganese: 0.5mg (24.87%), Copper: 0.19mg (9.29%), Vitamin E: 1.22mg (8.15%), Fiber: 1.71g (6.86%), Magnesium: 22.04mg (5.51%), Phosphorus: 45.81mg (4.58%), Calcium: 45.04mg (4.5%), Iron: 0.78mg (4.31%), Vitamin B1: 0.06mg (3.79%), Folate: 8.78µg (2.2%), Potassium: 76.56mg (2.19%), Vitamin B6: 0.04mg (2.16%), Zinc: 0.31mg (2.05%), Vitamin K: 1.91µg (1.82%)