



Vegan Cranberry Pistachio Biscotti

 Dairy Free

READY IN



90 min.

SERVINGS



45

CALORIES



474 kcal

DESSERT

Ingredients

- ☐ 45 servings flour – all purpose flour whole wheat
- ☐ 0.5 cup almond milk/orange juice
- ☐ 45 servings almond milk – orange juice or any other milk
- ☐ 45 servings pistachios – almonds coarsely chopped
- ☐ 2 teaspoons double-acting baking powder
- ☐ 2 Tablespoons coconut oil melted
- ☐ 45 servings coconut oil – any flavor oil neutral melted
- ☐ 4 Tablespoons cornstarch

- ☐ 1 cup cranberries dried
- ☐ 3 Tablespoons flour all-purpose (if needed)
- ☐ 45 servings cranberries – any fruit dried
- ☐ 5 Tablespoons orange juice
- ☐ 1 teaspoon orange zest
- ☐ 1 cup pistachios
- ☐ 0.3 teaspoon salt
- ☐ 1 cup sugar
- ☐ 2 teaspoons vanilla extract
- ☐ 1.3 cups flour whole wheat

Equipment

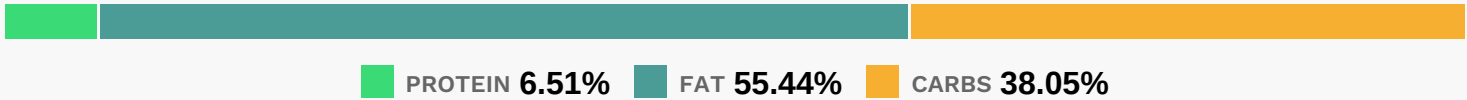
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ serrated knife

Directions

- ☐ Preheat oven to 350F/180C for 15 minutes. In a small bowl mix together the 5 tablespoons of orange juice and cornstarch to form a paste; set aside. In a medium bowl sift together the ingredients listed in Part 1 except the last 3–5 Tablespoons of flour. In a large bowl, cream together the sugar and 1/2 cup almond milk for about 3 minutes. Then add the cornstarch paste, oil and vanilla extract; beat for another 3 minutes. Fold in the flour into the creamed mixture. Stir in the cranberries and pistachios too. I felt that the dough was sticky at this stage. I was not able to form it into a ball and divide it. So I started adding all-purpose flour a tablespoon at a time, until I found the consistency right. I had to add up to 4 Tablespoons. Now divide the dough into equal halves. Form each ball into a log about 12 inches long and about 3 inches wide, directly on the baking sheet itself. This log does look very thin. Repeat it for the other half and now you have two logs of dough.
- ☐ Sprinkle a tablespoon of sugar on top of each log. (See My Notes)

- ☐
- Bake it for 35 minutes. Once done remove it and cool the baked logs for at least 15 minutes. Then slice the logs in one single cut using a serrated knife. Do not use a sawing motion, it will crumble the biscottis. You will get about 21 slices from each log.
- ☐
- Place these slices on a baking sheet and bake for another 20 minutes. The original recipe did not mention to flip over the biscottis half way but I did it anyway to ensure even baking on either sides. So I baked each side for 10 minutes. Once again cool the slices on a wire rack and then store it in an air-tight container.

Nutrition Facts



Properties

Glycemic Index:9.69, Glycemic Load:8.05, Inflammation Score:-5, Nutrition Score:13.250869608444%

Flavonoids

Cyanidin: 1.13mg, Cyanidin: 1.13mg, Cyanidin: 1.13mg, Cyanidin: 1.13mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Epigallocatechin: 0.83mg, Epigallocatechin: 0.83mg, Epigallocatechin: 0.83mg, Epigallocatechin: 0.83mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.23mg, Hesperetin: 0.23mg, Hesperetin: 0.23mg, Hesperetin: 0.23mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg

Nutrients (% of daily need)

Calories: 473.86kcal (23.69%), Fat: 31.28g (48.13%), Saturated Fat: 13.41g (83.82%), Carbohydrates: 48.3g (16.1%), Net Carbohydrates: 41.94g (15.25%), Sugar: 29.91g (33.23%), Cholesterol: 0mg (0%), Sodium: 39.01mg (1.7%), Alcohol: 0.06g (100%), Alcohol %: 0.08% (100%), Protein: 8.27g (16.54%), Vitamin E: 8.47mg (56.5%), Manganese: 1mg (49.82%), Fiber: 6.36g (25.45%), Vitamin B2: 0.4mg (23.66%), Magnesium: 92.25mg (23.06%), Copper: 0.39mg (19.6%), Phosphorus: 185.18mg (18.52%), Vitamin B1: 0.17mg (11.39%), Calcium: 104.34mg (10.43%), Iron: 1.88mg (10.42%), Vitamin B3: 1.95mg (9.73%), Selenium: 6.44µg (9.2%), Potassium: 288.88mg (8.25%), Zinc: 1.18mg (7.84%), Folate: 31.28µg (7.82%), Vitamin B6: 0.12mg (5.9%), Vitamin B5: 0.28mg (2.85%), Vitamin K: 2.66µg (2.53%), Vitamin C: 1.22mg (1.48%)