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Maple Walnut Biscotti

Ingredients:

- 1¾ cups flour
- ½ cup cornmeal
- 1 teaspoon baking powder
- ¼ teaspoon salt
- 2 eggs
- ½ cup pure maple syrup
- 1 teaspoon vanilla
- ½ cup chopped walnuts
- vegetable oil spray

Makes 36 servings - 23% calories from fat

Instructions:

1. Preheat oven to 350 F. Prepare a baking sheet with cooking spray.
2. In a large mixing bowl, sift together the flour, cornmeal, baking powder, and salt. Lightly beat the eggs and add them to the flour mixture. Stir in the maple syrup, vanilla, and walnuts, mixing just until the dough is smooth.
3. Using a spatula and floured hands, scoop half of the dough out of the bowl and onto one side of the baking sheet. Shape the dough into a 15-inch log. Make a second log on the other side of the baking tray with the remaining dough. Space the logs at least 6 inches apart.
4. Bake for 25 to 40 minutes, until the top of each biscotti log is firm. Remove them with a long spatula to a wire rack and cool for 10-15 minutes. Cut each log on a severe diagonal into about twenty ½-inch thick slices and place them, cut side down, on the baking sheet. Reduce the oven temperature to 325 F and bake for 15 minutes.

Source: Adapted from Moosewood Restaurant Low-Fat Favorites.

Nutrition Facts	
Serving Size 1 biscotti	
Servings Per Container 36	
Amount Per Serving	
Calories 60	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 35mg	1%
Total Carbohydrate 9g	3%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 2g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



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