



Wheeler

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Allergy Friendly Chocolate Cranberry Biscotti

Fall is the perfect time of year for baking. Biscotti are firm cookies that hold up to dipping. Since they are a dry cookie, they will last a few weeks in an airtight container. Baking with food allergies can be a challenge, but this recipe is easy and does not call for a lot of specialized ingredients. I like to use Bob's Red Mill Gluten Free All-Purpose Flour. Remember this is still a cookie, a healthy diet does not exclude sweets and baked goods but emphasizes they be enjoyed in moderation. Healthy eating is all about balance and enjoying your food.

Ingredients

¾ cup sugar	1 ½ teaspoon baking powder
½ cup vegetable oil	½ teaspoon salt
½ cup applesauce	2-3 tablespoons of water as needed
1 ½ teaspoon vanilla	1/2 cup dried cranberries
1 ½ cup gluten free all-purpose flour	1 16 oz bag allergy friendly chocolate chip
3 tablespoons cocoa powder	

Equipment

Large bowl	Spatula
Measuring spoons	Baking sheet
Measuring cups	Parchment paper
Liquid measuring cup	Serrated Knife and cutting board – have adult help

Directions

1. Preheat the oven to 350F and line the baking sheet with parchment paper.
2. In one bowl, whisk together the gluten free flour, baking powder, cocoa powder and salt.
3. In a second bowl, beat the sugar, oil, applesauce and vanilla.
4. Using a spatula, mix the dry ingredients into the wet until they are incorporated. If the mixture is not holding together add water as needed. Add ½ cup chocolate chips and ½ cup dried cranberries.
5. Place half the dough on a baking sheet, use wet fingertips to form dough into a loaf shape. Repeat with the second half of the dough until you have two smooth tubes roughly 2-3 inches wide and 1 inch tall.
6. Bake for 35 minutes at 350F until the tops are beginning to firm and darken.
7. Remove from the oven and gently set the biscotti tubes (still on the parchment) on a cooling rack for 10 minutes. Lower the oven temp to 275F while the biscotti cools.
8. Transfer the biscotti to a cutting board and cut 1-inch pieces on the diagonal using a serrated knife.
9. Lay the cut biscotti on the parchment lined baking sheet, cut side up, and bake at 275F for 10 minutes.
10. Remove the sheet from the oven, flip all the biscotti over to their other cut side, and bake for 10 more minutes.
11. Let the biscotti cool completely on a rack.
12. While the biscotti is cooling, place remaining chocolate in a heat safe bowl over boiling water and carefully stir until melted. You can also place chocolate chips in a microwave safe bowl and microwave on low for 1 minute, stir and repeat until chocolate is completely melted.
13. Dip half of each cooled biscotti into melted chocolate and place on a parchment lined cookie sheet. Place in the refrigerator until chocolate hardened.

😊 Little helpers: Kids can help measure and combine ingredients. They will also have fun shaping the loaves. Once the cookies have cooled after slicing allow the kids to place them back on the cookie sheet. Let them dip the cookies into melted chocolate and add embellishments like sprinkles or chopped nuts.

🍏 These cookies are egg, dairy, wheat, soy, sesame, coconut and nut free. They still are a cookie and should be enjoyed in moderation.