



**NEW EPISODES
MONDAYS
AT NOON EST**

"Heart Healthy Sweets" Almond Biscotti

**3/4 cup whole-wheat flour
3/4 cup all purpose flour
1/4 cup firmly packed brown sugar
1 tsp baking power
2 eggs, lightly beaten
1/4 cup 1% lowfat milk
2 1/2 tbsp canola oil
2 tbsp dark honey
1/2 tsp almond extract
2/3 cup chopped dried apricots
1/4 cup coarsely chopped almonds**

Preheat oven to 350 degrees. In a large bowl, combine the flours, brown sugar and baking powder. Whisk to blend. Add the eggs, milk, canola oil, honey and almond extract. Stir with a wooden spoon until the dough just begins to come together. Add the chopped apricots and almonds. With floured hands, mix until dough is well blended.

Place the dough on a long sheet of plastic wrap and shape by hand into flattened log 12 inches long, 3 inches wide and 1 inch high. Lift the plastic wrap to invert the dough onto a nonstick baking sheet.

Bake until lightly browned, 25 to 30 minutes. Transfer to another baking sheet to cool for 10 minutes. Leave the ovens set for 350 degrees. Place the cooled log on a cutting board. With a serrated knife, cut crosswise on the diagonal into 24 slices 1/2 inch wide. Arrange the slices, cut side down, on the baking sheet. Return to the oven and bake until crisp, 15 to 20 minutes. Transfer to a wire rack and let cool completely.

If stored in an airtight container, biscotti can last for two weeks.