



Almond Anise Biscotti (wheat-free)

NIBBLEDISH CONTRIBUTOR

Ingredients

2 cups of spelt, kamut or for gluten free Brown rice flour
1 tsp baking powder
1/4 tsp sea salt
2-3 TB anise seeds (not the powder)
1 TB lemon grated lemon rind
3/4 cup raw almonds, chopped roughly (no need to toast them, they will toast nicely while double baking)
3/4 cup raw cane sugar or honey, agave, etc but I prefer a little sugar for the texture of biscotti
2 eggs, beaten
1 egg white, beaten

Instructions

1) preheat oven to 350 degrees. Combine the flour, salt, sugar, baking powder, anise seeds in a medium bowl.
2) In large bowl, beat the two eggs, and add the lemon rind. Stir in the almonds, and add the flour, stirring until combined, and use your hands if needed to form two balls of dough. Form two "loaf like" discs on two greased cookie sheets. Brush the tops of the loaves with beaten egg white, as a glaze. (this step is not necessary, but it looks nice). Bake at 350 for 25 minutes.
3) Allow to cool, lower the oven to 325. After 5 minutes, slice the loaves on an angle with a sharp knife, and re-bake for 15 minutes on the same cookie sheets. The cookies won't be rock hard, but if you like them hard, just let them cool for an hour before eating. enjoy with a nice espresso with lemon or a nice cup of green tea.

Juliet
