



Laura's Recipe Corner

Great Recipes from Laura McKay!

DARK CHOCOLATE ROSEMARY RAISIN BISCOTTI

<http://www.runningtothekitchen.com/dark-chocolate-rosemary-raisin-biscotti/>, by Gina Matsoukas;
Modifications in red by Laura McKay, B.S, Health Educator

PREP TIME: 15 mins; COOK TIME: 35 mins; TOTAL TIME: 50 mins; SERVES: 1 dozen

These dark chocolate raisin biscotti have a hint of rosemary in them for a savory and sweet combination. They're gluten-free, grain-free and perfect naturally sweet holiday treat.

INGREDIENTS:

- 1 $\frac{3}{4}$ cup almond flour
- $\frac{1}{2}$ tablespoon cornstarch (or arrowroot powder for paleo) (use arrowroot if allergic to corn)
- $\frac{1}{2}$ teaspoon baking soda
- $\frac{1}{4}$ teaspoon kosher salt
- 1 tablespoon rosemary
- $\frac{1}{4}$ cup maple syrup (use pure maple syrup)
- 2 tablespoons almond milk (or any milk)
- $\frac{1}{2}$ teaspoon vanilla extract
- $\frac{1}{3}$ cup California Raisins (mix of dark and golden)
- $\frac{1}{2}$ cup dark chocolate chips (use Enjoy Life Chocolate Chips if soy and dairy sensitive)
- $\frac{1}{2}$ tablespoon coconut oil



INSTRUCTIONS:

Preheat the oven to 350 degrees and line a baking sheet with parchment paper or a baking mat.

Combine the almond flour, cornstarch, baking soda, salt and rosemary in a food processor and pulse until combined.

Add the maple syrup, milk, vanilla and raisins and pulse a few more times until a ball of dough forms.

Turn the dough out onto the baking sheet and form into a log about 10 inches by 2 inches with wet hands (dough will be a bit sticky).

Bake for 15 minutes, remove from oven and let cool for 30-45 minutes.

Once cooled, slice into 12 pieces on the diagonal. Lay pieces on their side on the baking sheet and bake at 275 degrees for 10 minutes. Flip pieces onto the other side and bake another 10 minutes.

Remove from oven and let cool completely.

Once cooled, melt the chocolate and coconut oil in a small bowl. Dip one end of each biscotti in the chocolate and place back on the baking sheet. Let the chocolate set (put the baking sheet in the refrigerator to set faster) and store in a cookie tin.



Allergy & Environmental Treatment Center, LLC provides quality care to individuals suffering from a variety of debilitating symptoms associated with food, environmental and chemical allergies. We offer state-of-the-art allergy testing and treatment. In addition, we offer general medicine/primary care services. Schedule your visit with us today! Call 480-634-2985.

Edwards Professional Park II
8952 E. Desert Cove Drive
Suite 114
Scottsdale, AZ, 85260
Clinic: (480) 634-2985
info@allergyenvironmental.com