



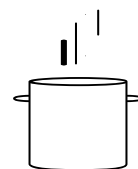
Coconut Biscotti

A hint of citrus flavours combined with coconut, make this a perfect treat with your afternoon cup of tea!

These are wonderful with a dark chocolate glaze, melt 90 grams of chopped dark chocolate in a small metal bowl placed over a saucepan of simmering water. Watch carefully as dark chocolate can burn easily. Stir to melt. Remove from heat and with an offset spatula, spread a layer of dark chocolate on one side of the biscotti (or dip one end into the melted chocolate). Let the chocolate dry on a parchment-lined baking sheet or baking mat. If you are on a nut free diet, you can add 60g desiccated coconut instead of the almonds.



30



40



4

Ingredients

100g The Groovy Food Company Coconut Flour

113g The Groovy Food Company Coconut Sugar

¼ tsp. bicarbonate of soda

pinch sea salt

½ orange rind, grated

½ lemon rind, grated

2 large egg yolks

2 large egg whites, stiffly beaten

150ml The Groovy Food Company Coconut Oil,
melted

Directions

1. Pre-heat the oven to 400°F, gas mark 6, 200°C (180°C fan-assisted).
2. Combine the coconut flour, coconut sugar, bicarbonate of soda, sea salt, orange and lemon rind into a mixing bowl.
3. Whisk the egg whites until stiff.
4. Add the egg yolks into the flour mixture and then gently fold in the egg whites.
5. Melt the coconut oil over a gentle heat and add the oil and the almonds to the biscotti mixture and mix together with your hands. Shape the dough on a baking mat into logs, rolling the dough back and forth

60g blanched almonds

into a 15cm cylinder shape with your hands. Don't be afraid to apply pressure, making sure it's a smooth consistency, not crumbly.

6. Place in the pre-heated oven for 15 minutes and remove from the oven, place on a wire rack and let them cool for about 5 minutes.
7. Reduce the oven to 325°F, gas mark 3, 170°C (150°C fan-assisted).
8. Using a long spatula, transfer the logs to a cutting board and serrated knife cut the logs into slices about ¼ inch (2cm) thick on the diagonal, arrange the slices on the baking mat and bake for about 10-15 minutes, turn the slices over and bake until crisp and dry, about another 10-15 minutes.
9. Remove from the oven and let them cool on a wire rack.
10. Enjoy!