

# Cappuccino Biscotti

2 cups wheat pastry flour  
1 cup sugar  
1/3 cup chopped walnuts  
1/4 cup unsweetened cocoa  
1/2 teaspoon baking powder  
1/2 teaspoon baking soda  
1/2 teaspoon salt  
1/2 teaspoon ground cinnamon  
2 teaspoons instant coffee granules  
2 teaspoons hot water  
1 teaspoon vanilla extract  
2 eggs  
1 egg white  
Vegetable cooking spray

Combine first 8 ingredients in a large bowl. Combine coffee granules and hot water in a small bowl. Stir in vanilla and next 2 ingredients, and add to flour mixture, stirring until well-blended.

Turn dough out onto a lightly floured surface, and knead lightly 7 or 8 times. Shape dough into a 16-inch-long roll. Place roll on a baking sheet coated with cooking spray, and flatten roll to 1-inch thickness.

Bake at 325° for 30 minutes. Remove the roll from the baking sheet to a wire rack, and let cool for 10 minutes. Cut the roll diagonally into 30 (1/2-inch) slices, and place, cut sides down, on baking sheet. Bake for 10 minutes. Turn cookies over, and bake an additional 10 minutes (cookies will be slightly soft in center but will harden as they cool). Remove cookies from the baking sheet, and let cool completely on wire rack.

**Yield: 2 1/2 dozen (serving size: 1 cookie)**

CALORIES 75 (16% from fat); FAT 1.3g (sat 0.2g, mono 0.4g, poly 0.6g); IRON 0.6mg; CHOLESTEROL 15mg; CALCIUM 10mg; CARBOHYDRATE 13.7g; SODIUM 67mg; PROTEIN 2g; FIBER 0.3g