

Mexican Chocolate Biscotti (about 60 calories per biscotti)

(Recipe can be made gluten free or not, your choice. If making gluten free, check all ingredients... I routinely use gluten free vanilla, baking powder, and cocoa, as well as gluten free spices. It just makes my life easier when I make something for a gluten free friend.)

Preheat oven to 350 degrees.

Drop 3 eggs in mixer bowl and beat slightly. Add 1 Tbs. vanilla and mix.

In separate bowl mix with whip:

$\frac{3}{4}$ c. sugar	1 $\frac{1}{2}$ c. flour (gluten free and wheat both work fine)
$\frac{3}{4}$ c. unsweetened cocoa	$\frac{1}{4}$ tsp. cayenne
2 tsp. baking powder	$\frac{1}{4}$ tsp. salt
1 tsp. cinnamon	

Add dry ingredients to egg mixture on slow speed and mix until it's a uniform texture (dry and crumbly looking).

Add about $\frac{1}{2}$ c. pecan halves and I like to mix so they break up some.

On cutting board, rough chop $\frac{1}{2}$ of a 4 oz. semi-sweet chocolate baking bar (if you use unsweetened baker's chocolate, increase the sugar by $\frac{1}{4}$ c.) and toss into mixer and mix.

Divide dough in half and transfer to a parchment-lined large cookie sheet. Form each half into a 2 $\frac{1}{2}$ inch wide by $\frac{1}{4}$ inch tall log.

Bake about 20 minutes until dough is firm but gives slightly when pressed.

Let cool on sheet on wire rack for 20 minutes.

With serrated knife, cut into $\frac{1}{4}$ - $\frac{1}{2}$ inch slices on the diagonal and arrange on cookie sheet (no parchment) cut side down. Bake Biscotti for 7 $\frac{1}{2}$ minutes and turn over onto other cut side for another 5 minutes (until biscotti are crisp). Cool on rack. Store in airtight container or in freezer.

Gluten free flour: I use Arrowhead Mills Gluten Free All Purpose Baking Mix. It has rice flour, sorghum flour, tapioca starch, whole-grain sorghum flour, leavening (sodium acid pyrophosphate, baking powder, monocalcium phosphate), inulin, rice bran, and xanthan gum. The xanthan gum is what holds the show together in baked goods, so be sure whatever you use has it.