

Chocolate Biscotti

2 eggs	2 cups spelt flour
½ cup butter, melted	½ cup unsweetened cocoa chocolate
¼ cup coconut oil, melted	1 tablespoon vinegar
½ cup sugar (e.g., Rapadura)	butter to grease baking dish
1 cup ground walnuts, soaked overnight in water & drained	

1. Combine all ingredients except the eggs and ground walnuts and mix well. Leave for at least 4 hours or overnight at room temperature.
2. Add the eggs and ground walnuts to the dough and mix again.
3. Form the dough into balls about 2 centimeters in diameter, and press into a flattened cookie shape with your hands. Alternatively, for sliced cookies:
 - a. Form the dough into rolls about 3 centimeters in diameter.
 - b. Refrigerate the dough until it is firm enough to cut with a knife.
 - c. Using a knife, slice off pieces of dough about 8 millimeters thick.
4. Grease a cookie sheet or enameled baking tray to hold the cookies.
5. Lay out the cookies on the tray with one cookie diameter of space between each.
6. Bake the cookies at 325°F for approximately 10 minutes; remove them the instant that they begin to brown.
7. Allow the cookies to cool before eating. Yield: about 32 to 40 medium cookies.



Notes on enjoying these cookies:

These recipes are consistent with the Eat Fat, Lose Fat dietary program developed by Dr. Mary Enig and Sally Fallon and described in their book of the same title. These cookies are made with short- and medium-chain fatty acids which do not need to be emulsified in our bodies by bile but are absorbed directly from the small intestine to the liver where they are converted into quick energy; this is in contrast to the longer-chain fatty acids (found in safflower, corn, sunflower, soybean, cottonseed, canola, and olive oils) which are more likely to contribute to the build up of body fat. The short- and medium-chain fatty acids in this recipe also have anti-microbial, anti-tumor, and immune-system supporting properties, especially the lauric acid present in coconut oil. Avoided in this recipe are trans-fats (found in shortening, such as Crisco; margarine; and to a lesser extent in deodorized, processed oils such as canola) which, in addition to their known health risks, have been shown to result in more weight gain on a calorie-by-calorie basis than other fats and oils.

Walnuts provide essential omega-3 fatty acids, crucial for proper mental and emotional function. Many people have difficulty eating walnuts; walnuts are high in phytates, which are stabilizing for the plant's seed but problematic for us. Soaking the raw walnuts overnight at room temperature (as is specified above) before eating or cooking will effectively break down these phytates. To prepare soaked walnuts, put the walnuts in a bowl of water, leave overnight (but no longer) then drain and grind them in a food processor and use in step 2.

Using all organic ingredients rather than conventional makes these cookies especially nutrient-dense. Review studies of the scientific literature (studies of many studies) consistently show that organically grown agricultural products have higher nutrients (minerals, vitamins, anti-oxidants, quality protein) than the equivalent conventionally grown versions do.