

Makeover Monday ~ Mandel Skorper (Swedish Almond Rusk Cookie)

It is Monday, so it is time for another recipe makeover. I love to take favorite recipes and make them THM friendly. One of the biggest hurdles people have to overcome is thinking that healthy eating means never having their favorite foods again. The truth is that you can make a healthy version of almost any meal. And most meals don't require that much work to re-make!

Today's recipe is actually a requested makeover from one of my readers, Cindy S. I have to be honest, I have never had a Mandel Skorper before, never even heard of it before, so I cannot be the best judge as to whether or not this makeover is as good as the original. What I can tell you is that it is a delicious cookie!! It is very reminiscent of an almond biscotti (though you can make it softer or crunchier depending on how long you cook it. I went with a slightly chewy cookie.) I hope you enjoy this recipe!



You Will Need:

- THM baking blend
- oat fiber
- collagen
- mineral salt
- baking soda
- baking powder
- xes sweetener or gentle sweet
- butter
- egg

- almond extract
- Greek yogurt
- almonds

I always use oat fiber to make my baking blend stretch farther. If you do not have oat fiber you can always substitute equal amounts of baking blend unless it is stated otherwise.

Mandel Skorper (Swedish Almond Rusk) ~ THM S



This cookie is reminiscent of an almond biscotti. It can be made chewy or crunchy by varying the cooking time.

Ingredients

- 3/4 c. THM Baking Blend
- 1/4 c. oat fiber
- 1/4 c. collagen
- 1/4 tsp. mineral salt
- 1/4 tsp. baking soda
- 1/4 tsp. baking powder
- 1/2 c xes sweetener or gentle sweet
- 1/4 c. butter
- 1 eggs
- 1/2 tsp. almond extract

- 1/4 c. 0% Greek yogurt
- 1/3 c. almonds (ground)

Directions

1. Preheat oven to 350°F.
2. Mix together baking blend, oat fiber, collagen, salt, baking soda and baking powder and set aside.



3. Process almonds in a food processor until they are coarsely ground. Set aside.



4. In a mixer bowl, beat together butter, sweetener, and extract with an electric mixer until pale and fluffy.



5. Add eggs and beat well.



6. Mix in Greek yogurt.



7. Mix in dry mixture at low speed just until combined, then stir in almonds.



8. Form dough into an 11- by 2-inch log. I used waxed paper to help me form the log.



9. Place on a large baking sheet that is lined with parchment paper. Trust me on the parchment paper. I did not use it and it was very difficult to transfer the

fragile log to a cutting board.



10. Bake log in middle of oven until pale golden, about 20 minutes. Notice how the log split some while baking.



11. Cool log on sheet 5 minutes. Reduce oven temperature to 300°F.



12. Transfer to a cutting board and cut log diagonally into 1/2-inch-thick slices with a serrated knife using a sawing motion. Don't worry if the cookies fall apart a bit. I did a lot of reshaping as I went. You are dealing with a log of partially baked cookie dough and it is pretty forgiving.



13. Arrange rusks (cookies), cut sides down, on baking sheet and bake in middle of oven until golden, about 18 minutes for a chewy cookie, longer for a crunchy cookie. Transfer to a rack to cool.



Do you have a favorite recipe you would like me to THM'ify? Comment below and I will see what I can do!

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