



Baklava

Makes about 40

1 ½ cups of walnuts
1 ½ cups of almonds
1 tsp. cinnamon powder
1 lb. Filo dough
1 cup melted, unsalted butter
1 cup sugar
1 cup water
1 tsp. vanilla extract
½ cup honey

Preheat your oven to 350 degrees.

Chop the nuts and place them in a bowl. Add the cinnamon and mix them well.

Butter a rectangular oven pan. Start adding 10 to 12 pieces of Filo dough, one at a time, brushing each layer with melted butter as you go. Add the nuts and spread evenly. Use your clean hands to press it against the dough.

Add an extra 10 to 12 layer of filo dough, making sure to brush each layer with melted butter. When you are done, cut the Baklava into diamonds or squares. Use a sharp knife and make sure to cut all the way through. Place the pan in the oven and bake for about 40 minutes or until the dough is puffed and golden brown.

While the Baklava is baking, place the water, sugar, vanilla and honey in a pan. Stir until the sugar dissolves and bring to a boil. Reduce the heat and simmer for about 20 minutes – until the syrup reduces and thickens a bit.

Remove the baked Baklava from the oven and pour the syrup on it –while it is still hot. Allow the Baklava to sit for a couple of hours before you serve. Enjoy!

1/40th - CALORIES 168.03; FAT 10.38 grs (sat 3.39; mono 3.26; poly 2.91); PROTEIN 2.91 grs ; FIBER 1.12 grs; CARBS 17.06 grs; CHOLESTEROL 12.21 mg; IRON 0.74 mg; SODIUM 40.75 mg; CALCIUM 29.39 mg

