

# Bariatric Lava

## Baklava

### **Ingredients:**

#### **1 – For Syrup:**

1.5 cups of sugar

0.5 cup of water

Squeeze of lemon

1 tablespoon of orange blossom water

#### **2- For the Baklava:**

1 Package of Fillo Dough

Melted ghee preferably if not butter about a pound

3 cups of nuts of your choice: walnuts, pistachios or pine nuts

2 tablespoons of sugar optional, you make skip

### **Directions:**

Prepare the syrup first to allow to cool down.

Place in a pan the sugar and water and mix , than place on the stove medium heat and keep on mixing until all sugar dissolve. When it starts to bubble add the squeeze of lemon and stir for a minute and turn off the heat. You may add the Rose water if available. Take it of the stove to allow to cool.

Prepare the Baklava now:

Pulse the nuts in food processors and add the sugar. It should stay little rough . Maybe 3 pulses depending on your food processor.

Grease the pan of your choice with ghee or butter.

The quickest way to assemble is to place half of the fillo dough the greased pan, pour some melted ghee, than spread the nuts and add the remaining of the fillo dough package and spread the remaining ghee than cut in squares or the shape you desire.

Heat the oven to 350 degree Fahrenheit and bake.

It will take 15 to 20 min depending on your oven. Please watch closely when it has color means it is done.

Please remove from oven and pour cold syrup on it and allow to absorb for at least 1 h than enjoy!!

Bon Appetit!!

*Submitted by: Souraya Irani*