



Lazy Cook's Baklava

Makes 15 cookies adapted from mobilepig.com and Women's Day Magazine

Ingredients:

1 box of 15 Mini Fillo Shells

½ cup chopped mixed nuts (a combination of unsalted almonds, pistachios, cashews and/or walnuts is good)

Syrup:

¼ cup honey

1 teaspoon water

- Preheat oven to 350° degrees.
- Place shells on baking sheet
- Fill shells with nuts
- Bake for 8 minutes or until shells are lightly brown
- Combine syrup ingredients in a glass measuring cup and heat 15-20 seconds in microwave
- Remove shells from oven
- Slowly pour syrup over nuts
- Serve warm or at room temperature

Nutritional Information per cookie:

Calories: 57

Protein: <1g

Fiber: <.5g

Carbohydrates: 7g

Fat: 2g

Sodium: .46mg