

Walnuts Atayef

Author: @HealthyliciousbySara, Lebanon



INGREDIENTS:

Dough:

- o 2 cups warm water
- o 1 cup warm milk of your choice
- o 2 TBS sugar
- o 1 tsp blossom water
- o 2 cups flour
- o 1/2 cup fine semolina
- o 1 TBS cornflour
- o 1/2 tsp baking soda

The filling:

- o 1 and a 1/2 cup lightly roasted California Walnuts
- o 1 TBS sugar
- o 1 tsp blossom water
- o A pinch of cinnamon (optional)

Nutritional Value 4 Servings

Energy (kcal)	412
Protein (g)	12
Fiber (g)	3.2
Sodium	172
Total Fat (g)	11.2
Saturated Fat (g)	1.6

INSTRUCTIONS

For the dough:

1. Combine the water, warm milk, sugar, blossom water, flour, semolina, corn flour, and baking soda.
2. Blend them together until there are no more lumps
3. Let sit for 15-20 mn
4. Cook in a hot pan from one side on medium low temperature until the top is bubbly and dry
5. Place on a damp cloth

For the filling:

1. Combine California Walnuts, sugar, blossom water, and a pinch of cinnamon.
2. Fill the atayef with 1 TBS of the walnuts mix
3. Close them in half moon shape and brush with oil from all sides
4. Bake until golden and crunchy
5. Serve with a drizzle of honey and enjoy!