



Syrupy coconut phyllo bites

30'
Hands on

90''
Hands off

45'
Cook Time

30-35
Portion(s)

1
Difficulty



Ingredients

For the syrup

- 500 g water
- 350 g granulated sugar
- 1 stick(s) cinnamon
- lemon peels, of 1 lemon

For the coconut phyllo bites

- 450 g phyllo dough sheets
- 250 g butter, melted
- 200 g ground coconut

To serve

- 200 g chocolate couverture, melted
- coconut, flakes

Method

For the syrup

- In a **pot** add the water, the sugar, the cinnamon, and the lemon peels.
- Transfer over medium heat, and let it come to a boil until the sugar melts.
- Remove and set it aside to cool.

For the coconut phyllo bites

- Preheat the oven to 160° C (320° F) set to fan.
- Spread the phyllo sheets onto your working surface.
- Drizzle the first sheet with butter, sprinkle with a little ground coconut, and add the second phyllo sheet on top. Follow the same process for three more phyllo sheets. Wrap into a roll, cut into 5-6 pieces, and add them into a buttered **25x32 cm baking pan**.
- Follow the same process for the remaining phyllo sheets.
- Bake for 40-45 minutes.
- Remove from the oven and, while it is still hot, pour over the cold syrup. Allow 1-1 ½ hours for the whole syrup to be absorbed.
- Serve with melted chocolate couverture and coconut flakes.

Διατροφικός πίνακας

Nutrition information per portion

124 Calories (kcal)	4.6 Total Fat (g)	3.7 Saturated Fat (g)	18.0 Total Carbs (g)
6%	7%	19%	7%
11.0 Sugars (g)	1.5 Protein (g)	1.5 Fibre (g)	0.07 Sodium (g)
12%	3%	6%	1%