



## Raviole Bolognese with Nutra Nut



### Sweet yes, with balanced fats!

The ravioli are typical sweets of Bologna's peasant tradition on the occasion of the Saint Joseph celebration, on March 19. Nowadays they are produced and consumed all year round. That's why we thought of the Epiphany as a time of the year to bring them on our table.

Delicious sweets perfect for after a meal, a snack or during tea with friends. Have fun preparing them with your children because they are quick and easy to make.

For our recipe we decided to stuff the raviole with Nutra Nut organic hazelnut cream.

## Nutri-lipidomic recipe

### RAVIOLE NUTRA NUT

Ingredients (for about 30 cookies):

For the short crust pastry with extra virgin olive oil :

- 2 eggs
- 100 gr brown sugar
- 300 grams of spelled flour (or alternatively 00)
- 80 gr extra virgin olive oil
- Grated lemon peel / vanilla bean
- 1 pinch of salt

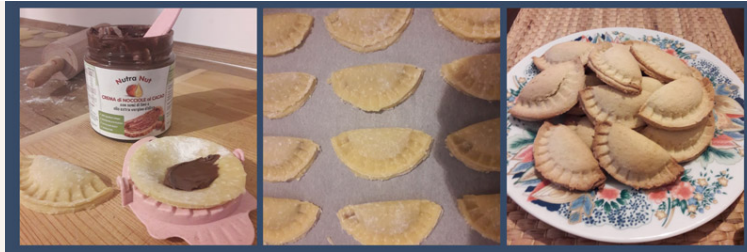
For the filling: Nutra Nut cream, hazelnut cream with carefully selected fats.

#### **Method:**

In a large bowl, lightly whisk the eggs and add the brown sugar. At this point, pour in the extra virgin olive oil and mix. Little by little, add the flour, a pinch of salt and grated lemon peel. Work the dough well until a uniform and non-sticky dough is obtained.

By not containing butter, the dough can be used immediately.

On a well-floured pastry board, roll out the short crust pastry, trying to obtain a fairly thin sheet. With a ravioli cutter or a pastry cutter make many circles.



Add a generous teaspoon of Nutra Nut in the middle of each circle, wet the edges with water to make them adhere well and close forming a half moon. Close the edges tightly by applying light pressure with a fork. The ravioli are then ready to be baked! Bake in a fan oven at 180 ° for 20-25 minutes or in a static oven at 190 ° for 20-25 minutes. After cooking, wait 10 minutes for them to cool before serving.

If some biscuits split slightly on the surface during cooking, don't worry. It is a characteristic of these tasty sweets... it means that they have succeeded perfectly!

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Article by the Editorial Group of Lipinutragen

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The food recommendations in the article are not intended as a substitute for a personalized meal plan and are to be adapted to specific cases.

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