

FRESH BERRY PROFITEROLS



INGREDIENTS

1/2 cup water
4 tablespoons unsalted butter
Pinch of sugar
1/2 cup all-purpose flour
3 small or 2 large eggs

GLAZE

1 beaten egg with
1 teaspoon water

FILLING

4 1/2 cups mixed berries such as blueberries, raspberries and strawberries
2 1/2 cups Cool Whip®

GARNISH

1 tablespoon icing sugar
18 fresh mint leaves

PREPARATION: 15 MINUTES

COOKING: 40 MINUTES

18 PUFFS

Nutrient Analysis

PER SERVING (1/9 of recipe
2 profiterols, filled with 1/4 cup berries
and 1 tablespoon coolwhip each)

Renal exchange:
1 Starch + 1 Fruit

Calories	205kcal
Protein	3g
Carbohydrates	20g
Fibre	4g
Total Fat	13g
Saturated Fat	9g
Cholesterol	95mg
Sodium	27mg
Potassium	131mg
Phosphorus	52mg

PREPARATION

- 1 Preheat oven to 425° F (conventional oven).
- 2 Put water, butter and sugar in a small sauce pan and bring to a boil.
- 3 Add flour all at once and stir vigorously until a smooth ball forms. Some dough will stick to the bottom of the pan forming a thin film. This indicates the flour is cooked. Remove from heat immediately.
- 4 Transfer to a mixing bowl and add eggs, one at a time, beating well between each addition. If using a standing mixer, use the paddle attachment.
- 5 Line baking sheet with parchment paper, and drop spoonfuls of dough mixture (1 inch by 3/4 inch high), spacing 2 inches apart. Brush each drop with glaze to smooth tops.
- 6 Bake for 10 minutes.
- 7 Reduce heat to 350° F **without opening oven door**, and continue baking for 30 minutes. Puffs should sound hollow and dry when tapped on bottom. Cool on wire rack.
- 8 Cut each puff open and fill with 1/4 cup berries, letting some spill over, top with 1 tablespoon Cool Whip® and dust with icing sugar. Garnish with mint for special occasions.

Note: If not using all puffs, freeze baked puffs after they cooled off in airtight container.

To use: Warm in a 350° F preheated conventional oven for 5 minutes. DO NOT MICROWAVE.

SUGGESTION

Made a little smaller, these puffs are good as appetizers with a cream cheese and herb stuffing.