

Makes 18 puffs

Ingredients:

Cream Puffs

½ cup water
 4 Tbsp unsalted butter
 Pinch sugar
 ½ cup all-purpose flour
 2 large eggs

Glaze: 1 beaten egg + 1 tsp water

Filling:

4 ½ cups fresh or frozen berries*
 2 ½ cups Cool-Whip topping

Garnish:

1 Tbsp icing sugar
 18 mint leaves (optional)

Preparation:

1. Preheat oven to 425 °F. Line baking sheet with parchment paper.
2. Place water, butter and sugar in a small pot and bring to a boil. Add flour all at once and stir quickly until a smooth ball forms. A bit of dough will stick to the bottom, forming a thin film. Remove from heat immediately.
3. Transfer to a mixing bowl and add eggs, one at a time, beating well between each addition. Drop spoonfuls of dough (about 1 inch by 1 inch in size) onto baking sheet, spacing 2 inches apart.
4. Brush each dough ball with glaze. Bake at 425 °F for 10 minutes.
5. Reduce oven to 350 °F **without opening oven door**. Continue baking for 30 minutes. Puffs should sound hollow and dry when tapped on bottom. Remove puffs from oven and let cool on a wire rack.
6. Cut each puff open (see picture) and fill with ¼ cup berries and 1 Tbsp Cool Whip. Dust tops with icing sugar. Garnish with mint, if desired.

Use any combination of blueberries, strawberries or raspberries.

Nutrition Information (per 2 puffs, with filling):

Calories:	205	Protein:	3 g
Fat:	13 g	Carbohydrate:	20 g
Fibre:	4 g	Sodium:	27 mg
Phosphorus:	52 mg	Potassium:	131 mg

Renal Exchange: 1 starch + 1 fruit

Source: www.myspiceitup.ca

