



Strawberry Cream Puffs

What You Need

3/4 Cup all-purpose flour
1/2 Cup lactose free margarine (cut into small pieces)
1 1/2 Tbsp. Sugar substitute (I use Splenda)*
5 Large eggs (room temperature)
Water
1 tsp. Unflavored gelatin*
1 Cup lactose free heavy cream *
2/3 Cup of lactose free milk
1/3 Cup canola oil
1/2 tsp. strawberry extract
1 1/2 Cups fresh strawberries (cut into small pieces)

3/4 Cup sugar free confectioner sugar*(combine 1 Tbsp. of corn starch to one cup Splenda or sugar substitute)

Small sieve

Baking sheet

Parchment paper

2 Mixing bowls

1 small bowl

Large nozzle piping bag (or spoon)

Basting brush

Medium size saucepan (3-5 qt.)

Blender or Electric mixer

Cooling rack

Before you Start-

Preheat oven to 425° and line baking sheet with parchment paper (use canola oil or nonstick cooking spray if you don't have parchment) and set aside.

Let's Make It!

In a saucepan over medium high heat bring butter substitute, 1 tsp. sugar substitute, and 3/4 cup water to a boil, stirring occasionally. Add flour to the boiling liquid stir until well combined and dough looks smooth. Remove from heat and add to mixing bowl. Let cool for about 10-15 minutes. When cooled add 4 eggs one at a time mixing well until smooth and shiny. Let cool a bit then spoon into pastry bag and pipe a ball of pastry about the size of a golf ball onto prepared baking sheet (about one inch apart). In a small bowl whisk 1 egg and 1 Tbsp. water for egg wash, using a basting brush lightly brush egg wash to the tops of each pastry dough ball. Bake for 20 minutes, reduce heat to 350° and continue baking until golden (about 10-15 minutes) and sounding hollow if tapped with a spoon. Remove from oven and let cool for 5 minutes on baking sheet then transfer carefully to cooling rack.

While pastry is cooling make the heavy cream and strawberry filling. In a blender add lactose free milk, canola oil and 1 Tbsp. sugar (or sugar substitute) blend on high for about 3-5 minutes and this will make 1 cup of heavy cream.* In a bowl whisk together fresh made heavy cream, gelatin, strawberry extract and strawberries until thickened.

Slice puffs in half and spoon strawberry mixture into the center and dust with confectioner's sugar substitute.* If you are feeling extra fancy fill a piping bag with the strawberry filling and push the piping nozzle into the side of the puff and fill inside. Top with a dollop of cream and a slice of strawberry if desired

Makes about 12

Katies Tid Bits* try using strawberry gelatin instead of plain gelatin. Replace lactose free heavy cream with equal measure heavy cream, or soy heavy whipped cream. Premade or homemade coconut whipped cream can also be used. Equal parts sugar for sugar substitute Equal parts confectioner (powdered) sugar Equal parts unsalted butter