

PREPARATION: 15 MINUTES | COOKING: 40 MINUTES | 18 PUFFS

# FRESH BERRY CREAM PUFFS

## INGREDIENTS

½ cup water

4 tablespoons unsalted butter

Pinch of sugar

½ cup all-purpose flour

3 small eggs

### **Glaze:**

1 small egg, beaten with 1 teaspoon water

### **Filling:**

4 ½ cups mixed berries: blueberries, raspberries and strawberries

2 ½ cups whipped topping

### **Garnish:**

1 tablespoon powdered sugar

18 fresh mint leaves

## PREPARATION

- 1** Preheat oven to 425°F
- 2** Put water, butter and sugar in a small saucepan 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 18 spoonfuls of dough mixture (1 inch by ¾ 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 ¼ cup berries, letting some spill over. Top with 1 tablespoon whipped topping and dust with powdered sugar. Garnish with mint.

## SUGGESTIONS

- ✓ *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.*



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## Nutrient Analysis

PER SERVING	
2 Cream Puffs	
<b>Renal/Diabetic exchanges:</b>	
½ Starch + 1 Lower-Potassium Fruit + 2 Fat	
Calories	<b>180Kcal</b>
Protein	<b>4g</b>
Total Carbohydrate	<b>20g</b>
Fiber	<b>3g</b>
Sugars	<b>11g</b>
Fat	<b>10g</b>
Saturated	<b>6g</b>
Cholesterol	<b>77mg</b>
Sodium	<b>41mg</b>
Potassium	<b>146mg</b>
Phosphorus	<b>75mg</b>
Calcium	<b>42mg</b>
Iron	<b>1mg</b>
Magnesium	<b>14mg</b>
Vitamin C	<b>23mg</b>

## Diet Types

- |  |   |
|--|---|
| <input checked="" type="checkbox"/> CKD Non-Dialysis | <input checked="" type="checkbox"/> Dialysis/Diabetes |
| <input checked="" type="checkbox"/> Dialysis         | <input type="checkbox"/> Transplant                   |

## POTASSIUM CHECK ✓

### Blueberries, raspberries and strawberries

Blueberries, raspberries and strawberries are considered to be a diet staple during the summer months. For those with chronic kidney disease, certain fruits may contain too much potassium to be enjoyed on a daily basis. When eaten in ½ cup portions, these fresh berries are lower in potassium and can usually be enjoyed every day.

Berries are considered to be very healthy as they are a good source of fiber and disease-fighting antioxidants.

To enjoy the health benefits of berries, add them to your cereal or muffins, toss in a salad or enjoy them as a healthy dessert. When berry season is over, purchase frozen berries so you enjoy them year round.

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