

## Cream Puffs - Éclairs

Makes about 4 cream puffs

### Ingredients:

5 tbsp	<i>Country Sunrise Baking Mix*</i>
4 tbsp	<i>Country Sunrise Egg Mix*</i>
1/8 tsp	Salt
1/8 tsp	Baking Powder
3 tbsp	Butter or Margarine
3/4 cup	Water



### Preparation:

1. Preheat oven to 400° F
2. Line sheet pans with parchment paper, spray lightly. (A clean lightly sprayed sheet pan will also work.) Set aside.
3. Blend dry ingredients in mixing bowl.
4. Bring water and butter to a boil.
5. When butter is melted slowly add to dry ingredients, mixing gently.
6. Beat at medium speed for 5 minutes.
7. Pipe mixture through a decorator bag with a 1" opening for small éclairs (3" long) or drop in scoops for cream puffs. (about 2 tablespoonsful for one medium cream puff or you can use a decorating bag.)
8. Bake at 400° F for 25 minutes.
9. Never open the oven door while baking.
10. After the pastries have cooled, cut the top half and fill the bottom with your favorite filling. Fillings may also be piped in with appropriate decorator tip



### Nutritional Information

Nutrition Information	Phenylalanine, g
Per recipe	43
Per cream puff	11

\*PKU Perspectives