

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

Diet Types

- CKD Non-Dialysis
- Dialysis/Diabetes
- Dialysis
- 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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