



Cream Puff Shells

A Versatile, Light and Fluffy Pastry Dough, Which Can Be Filled With Sweet or Savory Fillings

This recipe is a lighter, healthier version of a classic French pastry dough, "Choux Pastry". It is an extremely versatile dough, commonly used for making cream puffs, light pastries... and *gasp* ECLAIRS!!!! Yes, you can use this to make lower fat/calorie/sugar eclairs. HALLELUJAH! You can then fill these little balls of pastry goodness with whatever you want. I'm also adding a few ideas for different types of fillings and toppings, in the recipe's notes. This recipe isn't necessarily a 'cream puff' recipe, it's more of a guide for making the dough and baking it into rounds. You can fill these shells with whatever you want, though I will provide an example for a pudding-based filling, below.

Servings Info.:

Yield: 29 shells**

Servings: 29**

Serving Size: 1 shell



Range

1-2

- last checked 02/14/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Directions:



- (A) In a small pot, bring the water, 'butter', extract, salt, and sweetener to a low simmer. (B) Reduce heat to low, then add the flour and baking powder. Stir/mix until it begins to form a smooth, yet firm, ball of dough. (C) Continue cooking/stirring the dough over low heat for 1 minute. Turn off heat and let the cool for 2 minutes. (D) Mix/fold in 1 egg at a time, waiting until each egg is completely mixed in before adding the next. This step will take a few minutes, per egg. The dough will end up the consistency of VERY sticky, creamy mashed potatoes.

Ingredients:

PASTRY:

- 1/2 cup water
- 1 cup I Cant' Believe It's Not Butter, Light ***
- 1 Tbsp imitation vanilla extract (because... points)
- pinch of salt
- 3 Tbsp 0 calorie sugar replacement o' choice (such as lakanto monkfruit, swerve, stevia, etc.)
- 1 cup all purpose flour ***
- 2 tsp baking powder
- 4 large eggs

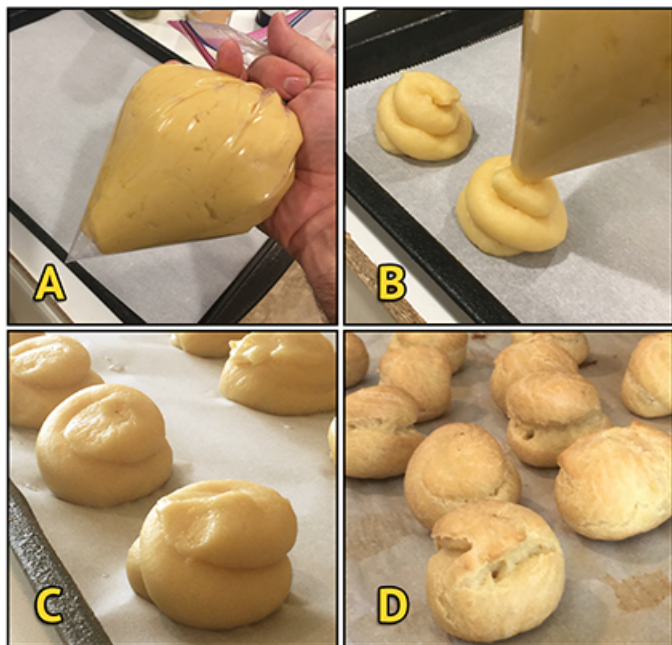
SIMPLE PUDDING FILLING (OPTIONAL EXAMPLE FILLING):

- (2) 1oz boxes Jell-O sugar free instant white chocolate pudding mix
- 1-1/2 cups cold water
- 2 to 3 Tbsp confectioners sugar replacement. (0 calorie powdered sugar, such as 'Swerve', 'Lakanto', or 'Truvia' brands)

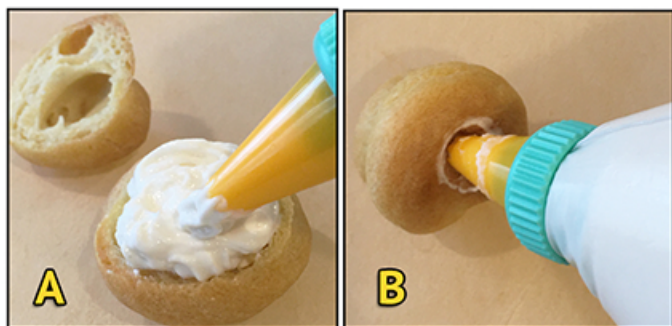
ADDITIONAL INGREDIENTS:

- butter flavored cooking spray, as needed
- (optional) extra confectioners sugar replacement, for dusting the tops.

2. Preheat oven to 400 degrees. Line a baking sheet pan with parchment paper (NOT FOIL), set aside.



3. (A) Lightly spritz the inside of a 1 gallon ziplock bag with cooking spray (TRUST ME), then scoop the sticky dough into the bag. Squeeze it down to one end. (B) Snip off the tip of the bag, and pipe the dough into roughly ping pong ball mounds. You can make them 'swirly', or just rounded dollops. (C) Wet your finger with water, and lightly press down on the top of each 'round', to slightly flatten the top. (D) Place the pan into the oven. Bake at 400 degrees for 15 minutes, then turn the heat down to 350 degrees. Bake for an additional 15-20 minutes, or until golden. Remove from oven, let cool to room temperature. Done.



HOW TO FILL:

There are 2 typical ways that the puff shells are filled or presented. One way is to (A) slice the shells in half, then put a filling between the 2 layers; the other is to (B) pipe filling directly into the center of the puff, to fill it up and turn it into a creamy little pastry grenade. The first way makes puffs that are taller and are often seen with savory fillings, as appetizers.

If you're piping directly into the puff, you can either do it from the bottom, or from the side of the shells. If you pipe in from the bottom, there's no visible holes for your guests. However, it will make the filling touch the plate, leaving marks. Either way, piping into the shells was much easier if I first pierced the shell with a sharp knife. Then stuck the piping tip into where I pieced the shell with the knife.

NOTES:

- **POINTS:** The listed points per serving may vary, depending on how many shells you make from your batch of dough. I was able to make 29 shells. You might make more or less, depending on how large or small you make them.
- **SIMPLE FILLING:** If you choose to try the 'simple filling' that's listed in the ingredients, use an electric hand mixer to mix the cold water, pudding, and powdered sugar substitute together, till set. Using that filling will add 6 ingredient points to the recipe. It is listed here, simply to show an option for a low point, white, pudding-type filling.
- **ECLAIRS:** Yup, you can pipe this dough into eclair shell pans/molds, or into lengths on your pan, to make eclairs.
- **I CAN'T BELIEVE IT'S NOT BUTTER LIGHT:** I use it because it's lower points than regular butter. There are 23 points in 1 cup of it, versus 93 points for regular butter. You can use any type of 'light' butter you want, but adjust your points.
- **SAVORY FILLING:** You can make ultra snazzy appetizers by filling these with savory fillings. For example, my herbed cream cheese or smoked salmon dips, would be awesome if piped into these. Or, slice the shells in half, horizontally, place a dollop of savory filling onto the bottom half, then 'cap' it with the top half of the puff. Seriously, do internet image searches, like I suggest next.
- **OTHER FILLING & TOPPING IDEAS:** There are hundreds of ways you can use this dough. Do a simple google images search for "[Choux Pastry](#)". This dough is used for literally hundreds of elegant sweet and savory dishes and apps.

