

DRINKS

Espresso Cream Puffs

17 September 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	24	\$0.14	65 kcal



The recipe Espresso Cream Puffs can be made in about 45 minutes. One serving contains 65 calories, 2g of protein, and 2g of fat. For 14 cents per serving, you get a beverage that serves 24. Head to the store and pick up whipped topping, sugar, milk, and a few other things to make it today.

Ingredients

- ☐ 2 tablespoons cornstarch
- ☐ 2 large egg yolks
- ☐ ¾ cup fat-free milk
- ☐ 1 cup all-purpose flour
- ☐ 1 tablespoon instant espresso granules or 2 tablespoons instant coffee granules
- ☐ ¼ teaspoon salt
- ☐ 1 large egg white
- ☐ 2 large eggs
- ☐ 1 cup fat-free milk
- ☐ ½ teaspoon unflavored gelatin
- ☐ 0.1 teaspoon salt
- ☐ 2 tablespoons butter or stick margarine

☐ 2 teaspoons sugar

☐ 6 tablespoons sugar

☐ ½ teaspoon vanilla extract

☐ 1 tablespoon water

☐ ¾ cup frozen fat-free whipped topping, thawed

EQUIPMENT Bowl, Frying pan, Baking sheet, Sauce pan, Oven, Knife, Whisk, Wire rack, Wooden spoon, Measuring cup

Method

- 1 Preheat oven to 400.
- 2 To prepare cream puffs, lightly spoon flour into a dry measuring cup; level with a knife.
- 3 Combine flour, 2 teaspoons sugar, and 1/4 teaspoon salt; set aside.
- 4 Combine 1 cup milk, butter, and espresso granules in a large saucepan; bring to a boil. Reduce heat to low; add flour mixture, stirring well until mixture is smooth and pulls away from sides of pan.
- 5 Remove mixture from heat.
- 6 Add eggs and egg white, 1 at a time, beating well with a wooden spoon until smooth.
- 7 Drop the dough by level tablespoons, 2 inches apart, onto baking sheets coated with cooking spray.
- 8 Bake at 400 for 10 minutes. Reduce oven temperature to 350; bake an additional 10 minutes or until browned and crisp.
- 9 Remove from oven; pierce the side of each cream puff with the tip of a sharp knife. Turn oven off; let cream puffs stand in partially closed oven for 20 minutes.
- 10 Remove from baking sheet; cool completely on a wire rack.
- 11 To prepare pastry cream, sprinkle gelatin over water in a small bowl; set aside.
- 12 Combine 3/4 cup milk and next 5 ingredients (milk through egg yolks) in a medium saucepan.
- 13 Place over low heat; cook until warm, stirring constantly. Stir in gelatin mixture; cook over medium heat until thick (about 8 minutes), stirring constantly.
- 14 Remove from heat.
- 15 Place pan in a large ice-filled bowl; let stand 15 minutes or until room temperature (do not allow mixture to set).
- 16 Remove pan from ice. Gently whisk in whipped topping. Cover and chill 4 hours or until thick.

- 17 Cut tops off cream puffs; fill each cream puff with 1 tablespoon filling.
- 18 Sprinkle with powdered sugar, if desired.

Nutrition per serving

65	2 g	2 g	10 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			0.6 g · 3% of daily needs
Sugar			4.7 g · 5% of daily needs
Sodium			66.3 mg · 3% of daily needs
Cholesterol			31.7 mg · 11% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/espresso-cream-puffs-143291