

SIDE DISH

Sweet Cream Puffs

30 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
60 min	25 min	35 min	12	\$0.50	245 kcal



The recipe Sweet Cream Puffs can be made in around 1 hour. For 50 cents per serving, this recipe covers 7% of your daily requirements of vitamins and minerals. This recipe serves 12. One serving contains 245 calories, 6g of protein, and 14g of fat. 1 person found this recipe to be tasty and satisfy...

Ingredients

- | | |
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| ☐ ¼ cup butter | ☐ ¾ cup commercial chocolate sauce |
| ☐ 1 tablespoon cornstarch | ☐ 12 servings Cream Puffs |
| ☐ 2 egg yolks, lightly beaten | ☐ 4 large eggs |
| ☐ 1 cup all-purpose flour | ☐ 2 cups 1% low-fat milk |
| ☐ 2 tablespoons SPLENDA® No Calorie Sweetener, Granulated | ☐ ¼ teaspoon salt |
| ☐ 1½ teaspoons vanilla extract | ☐ 1 cup water |

Method

- 1 Cream Puff Directions: Preheat oven to 400 degrees F.
- 2 Combine water, salt, SPLENDA® Granulated Sweetener and butter in a medium saucepan; bring to a boil over medium-high heat, stirring until butter melts.
- 3 Add flour all at once, stirring vigorously with a wooden spoon until mixture leaves sides of pan and forms a smooth ball. The mixture resembles mashed potatoes.
- 4 Remove from heat; cool 5 minutes.
- 5 Transfer mixture to a mixing bowl.
- 6 Add eggs, one at a time, mixing on low speed with an electric mixer. Scrap down the sides of bowl occasionally and beat until batter is smooth.
- 7 Spoon mixture heaping tablespoonfuls onto an ungreased baking sheet, leaving 2 inches between puffs.
- 8 Bake immediately for 35 minutes or until puffs are golden brown and have a crisp shell. (Do not open the oven door during the first 15 minutes of baking time.)
- 9 Remove from oven and cool on wire racks.
- 10 Combine SPLENDA® Granulated Sweetener and cornstarch in a heavy saucepan; gradually stir in milk. Cook over medium heat, stirring constantly, 6 minutes or until mixture comes to a boil. Cook 1 additional minute, stirring constantly. Gradually stir about 1/4 the hot mixture into egg yolks; add to remaining hot mixture, stirring constantly. Bring mixture to a boil over medium heat, reduce heat and cook 3 minutes, stirring constantly.
- 11 Remove from heat, stir in vanilla and strain mixture through a sieve; cover the surface of the custard with wax paper or plastic wrap to prevent a film from forming on the surface.
- 12 Cut tops off and fill with 2 1/2 tablespoons custard; replace tops and drizzle with 1 tablespoon chocolate sauce.
- 13 Serve immediately.
- 14 Storage: Store baked unfilled cream puff shells in an airtight container in the refrigerator. Use within 24 hours or freeze up to 2 months.

Nutrition per serving

245

KCAL

6 g

PROTEIN

14 g

FAT

24 g

CARBS

Saturated Fat

7.7 g · 48% of daily needs

Fibre

0.8 g · 3% of daily needs

Sugar

9.6 g · 11% of daily needs

Sodium

190 mg · 8% of daily needs

Cholesterol

124 mg · 41% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/sweet-cream-puffs-146588