



High protein Cream Puffs

Preparation time: 20 minutes

Ingredients for 2 puffs (2 people):

- For the dough : 60 ml of water, 25 g of butter, 20 g of flour, 5 g of PROTINUT, 1 egg, 5 g of sugar
- For the topping: 60 g of crème HP reconstitutes salted butter caramel (20 g of powder hp caramel + 100 ml of milk)

Directions:

- > Preheat your oven to 180° degrees C
- > Prepare the crème HP salted butter caramel for the topping: mix 20 of POWDER HP CARAMEL with 100 ml of milk, then let rest for 1 hour in the refrigerator
- > Prepare the puffs dough: melt the butter in 60 ml of water, add the sugar, add the mixture flour / protinut. Mix until the dough is dry and forms a ball
- > Remove the pan from the heat
- > Add an egg to obtain a smooth mixture
- > Make 2 balls of dough stuffed and put them in the oven for 20 minutes
- > Fill the puffs with the crème HP salted butter caramel, with the help of an icing bag
- > Decorate at your convenience

HP CREAM DESSERT



Exists in 6 flavors:
Coffee, Salted butter
caramel, Cocoa,
Chocolate-hazelnut,
Forest fruits, Vanilla

PROTINUT (Plain)

