

Honey Cream Puffs



Ingredients for puffs:

- 1 cup water
- ½ cup butter
- 1 cup fine whole wheat flour
- 4 eggs

Preheat oven to 400°F. Place butter and water in a saucepan and bring to a boil. Add the flour and stir until mixture leaves the pan and forms a ball (this doesn't take long). Remove from heat and beat in eggs one at a time until mixture is smooth and velvety. Drop from spoon onto ungreased baking sheet to make 8 mounds of dough, leaving plenty of space between each. Bake 35-45 minutes or until puffed, golden brown, and dry. Cool away from drafts.

Ingredients for cream filling:

- ¼ cup honey
- 6 tablespoons fine whole wheat flour
- 2 cups whole milk (part cream if desired)
- 2 eggs
- 2 tsp. pure vanilla extract

In a saucepan, mix together honey, flour, and about ½ cup of milk. Add remaining milk gradually and stir with a whisk until smooth. Bring to a boil over medium heat, stirring constantly. Boil and stir one minute. Stir about half of mixture into eggs and then blend the egg mixture back into the saucepan (this prevents the whites from forming hard white globs). Bring back to boiling point, remove from heat, and stir in vanilla.

When puffs are cool, use a sharp serrated knife (like a bread knife) to slice off the tops. Remove some of the filaments of soft dough, if desired, or just push them down into the bottom of the puffs. Fill with cream filling, replace tops, and chill before serving. If desired, frost with a small amount of chocolate icing.