

# Cream Puffs (Pate a choux)

THM:S

(After you make these don't forget to post a picture and tag #creampuffswithkj)

- 1 bag THM [No Carb Easy Bread](#) (I use half fresh and half carton egg whites)
- 1 Tbsp. [vanilla extract](#)
- 2 Tbsp. THM [Super Sweet](#)
- boiling water
- one egg yolk mixed with a little (cool) water



Make the No Carb Easy Bread mix as directed, and when you complete mixing in the blender, add the Super Sweet and vanilla and mix by hand until incorporated. Grab small pieces (about 2 Tbsp.) of batter and gently pat into a ball. Do not roll tightly; you want the batter to be lightly shaped. Drop into boiling water three at a time and boil for two minutes, flipping over halfway through. Remove from the water and put on a paper towel to dry a bit. Brush on some egg yolk. Place on a silicone pan, or parchment to prevent sticking.

Cook in an air fryer at 400° for 7 minutes; flip and cook for 2-3 more until a light golden brown. Remove and cool completely before filling.

Filling Recommendations:

- [Snickers' Gluccie Pudding](#)
- sweetened whipped cream
- anything whippy or dippy you darn well please



NOTE! Make these savory by leaving the vanilla and sweetener out. Make the same way and fill with chicken salad or tuna! My favorite filling is [Buffalo Chicken Salad!](#)



Plain tops:

one is filled with Snicker's Gluccie Pudding  
one is sweetened with whipped cream

Chocolate topped: filled with sweetened whipped cream and topped with handy chocolate syrup (this one tastes like those adorable mini cream puffs from Sam's Club's freezer section)

Caramel topped: filled with chocolate gluccie pudding  
They are all amazeballs.

