



CREAMY DREAMY PUFFS*

Intermediate Lifestyle

Ingredients

½ cup flour
½ cup water
1 TSP Splenda (granular, for baking)
pinch of salt
1/4 TSP vanilla extract
3 TBS Land O'Lakes Whipped Light Butter
4 egg whites
1 JELL-O Sugar-Free Vanilla Pudding Snack (or 4 oz. of another low-calorie vanilla pudding)
½ cup Cool Whip Free

Instructions

1. Preheat oven to 425°.
2. Mix flour, salt and Splenda together, set aside.
3. In a medium-sized saucepan, combine water, butter and vanilla extract. Bring to a boil while stirring constantly. Once mixture is blended and boiling, reduce heat to low. Add flour mixture and stir vigorously until a ball of dough forms. Remove from heat and allow to cool.
4. Once cool, use an electric mixer at medium speed while slowly adding egg whites until mixture is blended. Spray a large baking pan lightly with nonstick cooking spray. Drop 12 spoonfuls of mixture onto pan, evenly spacing them out. Cook for 10 minutes, then reduce heat to 375°. Cook for an additional 10 to 15 minutes until puffs appear very firm. Then remove puffs from oven. Pierce the top of each with a knife and allow them to cool completely.
5. Once ready to serve, mix pudding and Cool Whip together. Slice tops of puffs off and remove any doughy, undercooked insides. Fill Puffs with pudding mixture and replace tops.

Portion-Per-Serving Information (Yields 12 servings—each puff should weigh apx. 1 oz.):

1 serving = 2 puffs = 1 G (or 1 puff can equal 1 FR)
