



Grain-Free Cream Puffs (Choux Pastry)

Gluten-Free, Grain-Free, Nut-Free, Paleo

Recipe by Studio 7C

Ingredients

- ½ cup ghee or butter
- ½ teaspoon sea salt
- 1 cup water
- 1 cup [Otto's Naturals – Cassava Flour](#)
- 4 large eggs

- 1 egg
- 1 Tablespoon water

Instructions

1. Preheat oven to 375°F and line two baking sheets with parchment paper.
2. In a medium saucepan, combine ghee, salt and water over medium heat and bring to a boil. Quickly stir all flour in with a wooden spoon, stirring constantly until a nice dough ball has formed.
3. Transfer dough to bowl and cool slightly for about 3-4 minutes. Add 4 eggs one at a time, stirring vigorously after each one and incorporating completely after each one, set aside.
4. Prepare egg wash by whisking together remaining egg and 1 Tablespoon water in a small bowl.
5. Transfer the dough (pate a choux) to a large pastry bag fitted with a plain round tip. Pipe 1 ½-inch rounds onto prepared baking sheets. Smooth any pointed peaks on the puffs with a moistened finger.
6. Brush tops with egg wash and bake for 25-30 minutes or until puffs rise and are golden brown. Cool on a wire rack.
7. Fill with your favorite pastry cream, whipped cream, or ice cream, and serve immediately. Store any unfilled puffs for up to a day at room temperature.