

Foodnity Recipes

Lemon Cream Puffs

Fluffy choux pastry shells filled with bright lemon cream – a breezy treat for any occasion.

20 min Prep time	**30 min** Cook time	**50 min** Total time
12 Servings	**Easy** Difficulty	**French** Cuisine

Ingredients

Choux Pastry

- [ ] 1/2 cup water
- [ ] 1/2 cup milk
- [ ] 1/4 cup unsalted butter
- [ ] 1/2 tsp salt
- [ ] 1 cup all-purpose flour
- [ ] 4 large eggs

Lemon Cream Filling

- [ ] 3/4 cup heavy cream
- [ ] 1/4 cup powdered sugar
- [ ] 2 tbsp lemon zest
- [ ] 3 tbsp fresh lemon juice
- [ ] 1 tsp vanilla extract

Instructions

1. Preheat the oven to 425°F (220°C). Line two baking sheets with parchment.
2. In a saucepan, combine water, milk, butter, and salt; bring to a boil, then remove from heat.
3. Add flour all at once, stirring vigorously until the mixture pulls away from the sides and forms a smooth ball.
4. Transfer the dough to a bowl, let it cool for 5 minutes, then beat in eggs one at a time until fully incorporated.
5. Pipe 1-inch rounds onto the prepared sheets, spacing 2 inches apart. Bake 10 minutes, then lower heat to 350°F (175°C) and bake 15-20 minutes until golden.
6. While the shells cool, whip heavy cream with powdered sugar, lemon zest, lemon juice, and vanilla until soft peaks form.
7. Slice the tops off each puff, pipe a generous dollop of lemon cream, replace the tops, and dust with a light sift of powdered sugar.

Nutrition per serving

210 kcal	4 g	22 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the dough feels too thick, add a splash of milk to loosen.
- For extra zing, fold a teaspoon of lemon curd into the cream – check out mini meringues for inspiration.
- A quick brush of melted butter before baking adds a subtle golden sheen.