

Foodnity Recipes

Mixed Berry Cream Pastries

20 min Prep time	**25 min** Cook time	**45 min** Total time
8 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Pastry Dough

- [ ] 2 cups all-purpose flour
- [ ] 1/2 teaspoon salt
- [ ] 1 cup cold unsalted butter, cubed
- [ ] 1/4 cup ice water

Berry Filling

- [ ] 1 cup mixed berries (blueberries, raspberries, blackberries)
- [ ] 2 tablespoons sugar
- [ ] 1 teaspoon lemon zest

Cream Filling

- [ ] 1 cup heavy cream
- [ ] 2 tablespoons powdered sugar
- [ ] 1 teaspoon vanilla extract

Instructions

1. In a bowl, whisk flour and salt; cut in cold butter until mixture resembles coarse crumbs.
2. Add ice water a tablespoon at a time, mixing gently until the dough just comes together. Form into a disc, wrap, and chill for 15 minutes.
3. Roll the dough into a rectangle, fold into thirds, rotate, and repeat two more times. Chill again for 10 minutes.
4. Preheat oven to 375°F (190°C). Slice the dough into 3-inch squares and gently press into mini muffin tins.
5. Combine berries, sugar, and lemon zest in a saucepan; simmer 5-7 minutes until softened, then let cool.
6. Whip heavy cream with powdered sugar and vanilla until soft peaks form.
7. Fill each pastry shell with a spoonful of berry compote, then top with a dollop of whipped cream.
8. Bake for 18-20 minutes, until golden. Cool slightly before serving.

Nutrition per serving

280 kcal	4 g	30 g	15 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a richer filling, stir a teaspoon of butter into the warm berry compote.
- For a glossy finish, brush pastries with a light egg wash before baking.
- Feel free to swap berries for sliced peaches for a summer variation.