

Foodnity Recipes

Palmiers Butterfly Recipe

A buttery, flaky pastry that curls into butterfly shapes, ideal for a simple, sweet treat.

15 min Prep time	**20 min** Cook time	**35 min** Total time
12 Servings	**Easy** Difficulty	**French** Cuisine

Ingredients

Main Ingredients

- [ ] 1 sheet frozen puff pastry, thawed
- [ ] 3 tbsp unsalted butter, softened
- [ ] ¼ cup granulated sugar
- [ ] 1 tsp cinnamon (optional)
- [ ] Pinch of sea salt

Optional Glaze

- [ ] 1 tbsp powdered sugar
- [ ] 1 tsp milk or water

Instructions

1. Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
2. On a lightly floured surface, roll the puff pastry into a 12-inch square. Brush the surface with softened butter.
3. Mix granulated sugar and cinnamon (if using); sprinkle evenly over the buttered pastry.
4. Starting from one edge, roll the dough tightly into a log; press gently to seal.
5. Chill the log for 5 minutes, then slice into ½-inch thick rounds.
6. Place the rounds on the prepared sheet, spacing a little apart. Sprinkle a pinch of sea salt on each.
7. Bake for 12-15 minutes, until golden and caramelized. Rotate the sheet halfway through.
8. Cool on a wire rack. If desired, drizzle a simple glaze made from powdered sugar and a splash of liquid.

Nutrition per serving

210 kcal	3 g	24 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the butter melts too quickly, chill the dough for a few more minutes.
- A light dusting of sugar prevents sticking and adds a sweet crust.
- For a richer flavor, substitute half the butter with clarified butter.