

Foodnity Recipes

Strawberry and Whipped Cream Puff Pastry Delights

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

Ingredients

Pastry & Filling

- [ ] 1 package frozen puff pastry sheets (about 2 sheets), thawed
- [ ] 1 cup fresh strawberries, hulled and sliced
- [ ] 2 tbsp granulated sugar
- [ ] 1 tsp lemon zest
- [ ] 1 cup heavy cream, cold
- [ ] 2 tbsp powdered sugar
- [ ] 1 tsp vanilla extract
- [ ] Extra powdered sugar for dusting

Instructions

1. Preheat oven to 400°F (200°C). Line a baking sheet with parchment paper.
2. On a lightly floured surface, unfold one puff pastry sheet. Cut into 3-inch squares; gently press the center with a fork to create a shallow well.
3. In a bowl, toss sliced strawberries with granulated sugar and lemon zest; let sit for 5 minutes to release juices.
4. Whip the cold heavy cream with powdered sugar and vanilla until soft peaks form; set aside.
5. Arrange the pastry squares on the sheet, spoon a small mound of strawberries into each well, then top with a dollop of whipped cream.
6. Bake for 12-15 minutes, or until the pastry is golden and puffed.
7. Remove from oven, let cool 2 minutes, then dust generously with powdered sugar. Serve warm.

Nutrition per serving

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

Tips & notes

- If the strawberries release too much liquid, drain briefly before filling to avoid soggy pastry.
- For extra shine, brush the tops with a little melted butter before baking.
- A pinch of sea salt on the whipped cream enhances the sweet flavors.