

Chocolate Mousse Cream Puffs

Serving Size: 1 cream puff

Serves: 12

Ingredients

½ cup butter or margarine

a pinch of salt

1 cup boiling water

1 cup sifted all-purpose flour

1 cup egg substitute

3½ cups sugar free fat free whipped topping

3 tablespoons cocoa

Directions

Preheat oven to 450 degrees. In a medium saucepan, combine butter, salt and boiling water and heat until entire mixture boils.

Reduce heat, add flour all at once and stir vigorously until mixture forms a ball.

Remove from heat and add egg substitute gradually, one quarter cup at a time, beating thoroughly after each addition. Continue beating until mixture is thick and shiny and does not stick to the spoon.

Spoon onto ungreased cookie sheet and bake 20 minutes, reduce heat to 350 degrees and bake 20 minutes more, or until golden and sounds hollow when tapped. Cool.

In a medium mixing bowl fold the cocoa into the whipped topping.

Pipe the filling into each cooled puff.

Exchanges per serving:

1 Starch, 2 Fats

Nutrients per serving:

Calories: 175

Calories from fat: 100

Total Fat: 11g

Saturated Fat: 8g

Cholesterol: 21mg

Sodium: 47mg

Carbohydrate: 16g

Dietary Fiber: 1g

Protein: 4g