

All the fun without frying!

INGREDIENTS:

- 1/2 cup unsalted butter
- 1/2 teaspoon salt
- 1 cup water
- 1 cup all purpose flour
- 3 eggs*
- 1 teaspoon vanilla
- 1/2 cup cinnamon sugar
- 3 tablespoons melted butter (or cooking spray)
- chocolate, dulce de leche or caramel sauce for dipping (optional)



INSTRUCTIONS:

1. Preheat oven to 350 degrees.
2. In a medium saucepan combine the butter, salt and water. Bring to a boil over medium high heat.
3. Remove from heat add the flour and stir to combine. Mixture will thicken and start to resemble the texture of mashed potatoes.
4. Leave dough in the saucepan, but beat it on low with a hand mixer, adding one egg at a time, mixing well before adding another. After adding each egg, the mixture will become wet and glossy, but after mixing on high for a few seconds it will thicken again.

5. When all the eggs are combined add the vanilla. The dough will be thick and starchy, (still with a similar texture to mashed potatoes.)
6. Spoon the dough into a pastry bag fitted with a large star tip. Lightly spray a cookie sheet and pipe 6-inch rows of the dough with at least 1 inch between each churro.
7. Bake in the oven for 20-25 minutes or until golden brown and crispy.
8. Brush warm churros with melted butter or spray lightly, and then place in a shallow baking dish and sprinkle with cinnamon sugar. (Shake it around to make sure they are well-coated.)
9. These baked churros are best enjoyed warm!

NUTRITION

Recipe yields about 18 churros. Nutritional fact is per churros, without sauces for dipping.

Nutrition Facts		Amount	% Daily Value*	Amount	% Daily Value*
Amount per 42 g		Total Fat 6.1g	9%	Total Carbohydrates 11g	4%
1 serving (1.5 oz)		Saturated 3.6g	18%	Dietary Fiber 0g	1%
Calories 106		Trans Fat 0.1g		Sugars 6g	
From fat 55		Cholesterol 39mg	13%	Protein 2g	4%
<i>HappyForks.com</i>		Sodium 93mg	4%		
		Calcium 1% • Iron 3%		Vitamin A 4% • Vitamin C 0%	
* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.					

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.