

# TRUfree

Wheat  
& Gluten  
free

## Speedy Chocolate Profiteroles

Choux pastry is not always easy to make and finding time to make it can also be difficult so why not try this speedy recipe using Dietary Specials gluten free and wheat free Yorkshire puddings.



Serves: 3-4    15 - 20 minutes    10 minutes

Makes 16 profiteroles

### Ingredients

1 packet of ready made Dietary Specials Yorkshire puddings, defrosted  
Chantilly Cream  
150ml (1/4 pt) whipping cream or double cream  
25g icing sugar  
Chocolate sauce  
5tbsp single cream  
25g cocoa powder  
115g/4oz caster sugar  
175g golden syrup  
25g/1oz butter  
50g luxury dark chocolate, broken into pieces

### Method

1. To make the chocolate sauce: combine all the ingredients except the dark chocolate in a medium saucepan and mix well.
2. Slowly bring to the boil, stirring occasionally. Boil for 5 minutes, then add the broken chocolate pieces, remove from the heat and allow the chocolate to melt in the sauce, stir again and cool slightly before serving.
3. In a medium bowl whip the cream until it just peaks, stir in the icing sugar.
4. Cook the Dietary Specials Yorkshire Puddings according to the pack instructions, allow to cool.
5. Cut each Dietary Specials Yorkshire pudding into quarters, place a teaspoon of the chantilly cream into one quarter and top with another turned upside down so most of the cream is enclosed, assemble on serving dish and drizzle over some of the cooled chocolate sauce, reserving some extra sauce for when you serve – yummy!

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Nutrition Point Ltd, Station Court, 442 Stockport Road, Warrington, England WA4 2GW

TRUfree Careline: 0800 954 1982 (lo-call rate) Open 9am - 5pm, Mon to Fri | Email: [info@trufree.co.uk](mailto:info@trufree.co.uk)