

# MAPLE CHURROS



## INGREDIENTS:

- 2 scoops Breakfast in Bed GLAM PRO
  - 1 cup water
  - 4 tbsp ghee butter (or coconut oil)
  - 2 tbsp truvia brown sugar blend
  - 1/2 tsp salt
  - 3/4 cup all purpose flour (gluten free works if you add 1 tsp xanthan gum)
  - 2 large eggs
  - 1 tsp vanilla extract
- Extra:
- 1/2 tsp stevia
  - 1/2 tbsp truvia brown sugar blend
  - 1/4 tsp cinnamon

## DIRECTIONS:

- 1) Preheat oven to 375 F  
Line a rimmed baking sheet with parchment paper or a baking mat.
- 2) Mix flour and Glam Pro together well in a bowl
- 3) Combine water, ghee, brown sugar blend, and salt in a medium saucepan
- 4) Cook over medium-high heat until the ghee is melted and the mixture starts to boil. Remove from heat.
- 5) Using a wooden spoon, stir in flour/protein mixture until completely incorporated and the mixture starts to pull away from the sides of the pan. Let cool for 5 minutes
- 6) Whisk eggs and vanilla in a small bowl well for about 60 seconds
- 7) Add eggs/vanilla to the dough in the pan and stir until completely incorporated. Transfer the dough to a pastry bag fitted with a 3/4-inch open-star tip.
- 8) Pipe the dough onto the prepared baking sheet to make 10 churros, each about 4 inches long. Bake the churros, until puffed and browned, about 25 minutes. (Start checking at 20 minutes)
- 9) Combine extra stevia, truvia blend and cinnamon on a shallow plate. Roll the hot churros in the mixture and transfer to a wire rack to cool for 10 minutes. Enjoy!

Makes 10 Churros | Serving Size: 1 Churro  
Calories: 120 | Protein: 5 g | Carbs: 10 g | Fat: 7 g