

## Cream and Berry-Filled Pastry Balls: A Bite-Sized Dessert Delight

Looking for a dessert that's as beautiful as it is delicious? These



**OVEN**  
**375°F**

**TIME**  
**15-18 min**

**PRINT**  
**Recipe Card**

**SAVE**  
**PDF**

### INGREDIENTS

- 1 package puff pastry sheets (thawed)
- 1 egg (beaten for egg wash)
- 1 cup heavy whipping cream
- 3 tablespoons powdered sugar
- 1 teaspoon vanilla extract
- 1/2 cup mixed berries (strawberries, blueberries, raspberries)
- Powdered sugar (for dusting)
- Additional fresh berries (optional)

#### Instructions:

**Prepare the Pastry Balls:** Preheat your oven to 375°F (190°C) and line a baking sheet with parchment paper.

Roll out the puff pastry sheets and cut them into 3-inch squares. Place a small amount of berries in the center of each square.

Fold the corners of the pastry to the center, pinching to seal, and form into balls. Brush with egg wash and place on the prepared baking sheet.

**Bake the Pastry Balls:** Bake for 15-18 minutes, or until golden brown and puffed. Let them cool completely on a wire rack.

**Prepare the Cream Filling:** In a mixing bowl, whip the heavy cream, powdered sugar, and vanilla extract until stiff peaks form.

**Assemble the Pastry Balls:** Gently slice the cooled pastry balls in half and pipe or spoon the whipped cream onto the bottom half. Add a few fresh

berries, then replace the top half.

**Finish and Serve:** Dust the assembled pastry balls with powdered sugar and garnish with additional berries if desired. Serve immediately and enjoy!

**Nutritional Information:**

Servings: 6

Calories: 280 kcal per serving

Protein: 4g

Carbohydrates: 22g

Fat: 20g

Fiber: 2g

Sugar: 10g

**Tips for Success:**

**Use Cold Pastry:** Keep the puff pastry cold while working to ensure it puffs beautifully in the oven.

**Berry Variations:** Swap out the berries for seasonal fruits like peaches or cherries for a fun twist.

**Serve Fresh:** These pastries are best enjoyed fresh to maintain their crispy texture.

**Make It Extra Decadent:** Drizzle with melted chocolate or a berry coulis for added indulgence.

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19. **These :** Cream and Berry-Filled Pastry Balls are a show-stopping dessert that's as delightful to eat as they are to make. Perfect for brunches, parties, or a simple afternoon treat, they're guaranteed to impress. Try the recipe today and discover more delicious ideas on Chef Maniac!

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**More recipes:** [ChefManiac.com](https://chefmaniac.com)

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