

Baked Churros

Adapted from Sweet and Savory Sensations

Serves: 4-6 people

Yield: 8-12 6" churros

Ingredients

1 cup water

4 Tablespoons cane sugar, divided

1/4 teaspoon salt

2 tablespoons coconut oil or butter, plus extra for brushing

1/2 cup whole wheat flour

1/2 cup all purpose flour

1 teaspoon cinnamon

Procedure

- Preheat oven to 375 degrees Fahrenheit. Line a baking sheet with parchment paper, brushed with coconut oil.
- Bring the water, 2 tablespoons cane sugar, coconut oil and salt to a boil.
- Once the mixture is boiling, remove from heat and stir in flours vigorously, until it becomes thick.
- Shape the churros by using a piping bag or rolling strips by hand. The churros should be about 6 inches long and about 1/2 inch in diameter. You may also braid or twist them
- Brush the churros with coconut oil and place on the lined baking sheet.
- Bake the churros for about 25 minutes or until done. They should be crispy on the outside and soft on the inside. Rotate the churros halfway through.
- While the churros are baking, mix together the remaining sugar and cinnamon. Once the churros are done baking and cool enough to touch, roll each churro in the cinnamon sugar

Tools Needed

Small Mixing Bowl

Baking Sheet

Small Saucepan

Wooden Spoon

Parchment Liners

Measuring Cups

And Spoons