

Mexican Churros ~ Cinnamon Sticks

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Serves: 4-6 people

Yield: 8-12 6-inch churros

Time: 1:00 hour

Ingredients

1 cup of water

2 1/2 tablespoons of brown sugar

1/4 teaspoon of salt

2 tablespoons of canola or coconut oil plus
extra for brushing

1 cup of whole wheat flour

1/8 cup of white sugar

1 tablespoon of cinnamon

Directions

- ✦ Preheat oven to 375° Fahrenheit.
- ✦ In a small saucepan whisk water, brown sugar, salt and either the canola or coconut oil. Bring to a boil and remove from heat.
- ✦ Add flour and stir until mixture becomes thick.
- ✦ Pipe batter through pastry bag to form 6-inch long churros. This can also be done by hand by rolling the batter into 6-inch long strips with a 1/2 inch diameter.
- ✦ Place on a baking sheet with parchment paper and lightly brush churros with oil.
- ✦ Bake for 35-40 minutes and flip the churros halfway through. Texture should be slightly crispy on the outside and soft on the inside when done.
- ✦ Combine white sugar and cinnamon. Roll in white sugar and cinnamon mixture.

Did You Know?

Sweet and aromatic, cinnamon can be used in both sweet and savory recipes. When using cinnamon, less salt, sugar and fat are needed to achieve satisfying results, therefore this sweet treat satisfies the palate without needing excessive salt, sugar or fat for flavor. Additional benefits of cinnamon are reducing inflammation and fighting certain bacteria.