

## The canellates

### *Ingredients*

For about 16 small grooves

1/2 l of milk

50 g butter

2 sachets of vanilla sugar

3 eggs

250 g white sugar

100 g of flour

### *Preparation*

1. In a saucepan, the milk and vanilla sugar.
2. Mix the eggs, sugar and flour until a homogeneous cream is obtained
3. Pour the milk+buttermilk+vanilla sugar in the cream, mixing
4. Let stand at least 6 am in the fridge.
5. Preheat the oven to 250 ° C
6. Cook the fluted for 10 minutes to 250 ° C Uis lower the oven to 180 ° and continue cooking 50 minutes.
7. Unmold immediately. Is eaten warm or cold.