

tasty Recipe

Strawberry Shortcake

INGREDIENTS

1 ½ pounds strawberries,
sliced 5 tbsp sugar, divided
1 tsp fresh lemon juice
5 ounces (about 1 cup) self-
rising flour

1 1/3 cups heavy cream
½ cup plain 2% reduced-
fat Greek yogurt

INSTRUCTIONS

- Adjust oven rack to center position and preheat oven to 450°F.
- Place flour in a large bowl. Whisk in 1 tablespoon sugar. Stirring with a wooden spoon, drizzle in 3/4 cup cream. Stir until a lumpy dough is formed. Do not over mix.
- Using a 1-ounce cookie scoop, scoop balls of dough onto a parchment lined baking sheet, spacing them 2 inches apart. Brush tops with cream and bake until golden brown, about 12 minutes. Remove biscuits and set aside.
- While biscuits bake, slice strawberries. Combine strawberries, 2 tablespoons sugar, and lemon juice; toss to coat. Set aside.
- Place yogurt, cream, and remaining 2 tablespoons sugar in a bowl; beat with a mixer at medium speed until soft peaks form.
- Split biscuits, fill with strawberries and yogurt-cream, close shortcakes, top with more yogurt cream, and serve immediately.

TIPS:

- Add 1 teaspoon vanilla extract or vanilla bean paste to the yogurt cream while beating to add a gourmet touch!
- If you like softer berries and more juice, start step 4 first.
- You can make your own self-rising flour by whisking together 1 cup all-purpose flour, 1 ½ tsp baking powder, and ½ tsp salt/sea salt.
- Add extra strawberries! They are full of vitamin C, folate, potassium, manganese, dietary fiber, and magnesium.

