

Farm Market Recipe



Strawberry Shortcake

Ingredients:

Yogurt Shortcakes

- ½ cup all-purpose flour, plus more for dusting
- ½ cup whole-wheat pastry flour
- 2 teaspoons granulated sugar
- 1½ teaspoons baking powder
- ¼ teaspoon salt
- ½ cup nonfat plain strained (Greek-style) yogurt
- ¼ cup nonfat milk, plus more for brushing

Macerated Strawberries

- 8 ounces fresh strawberries, hulled and sliced (about 1½ cups)
- 2 teaspoons granulated sugar
- 1 teaspoon grated lemon zest

Honey Yogurt

- ¾ cup nonfat plain strained (Greek-style) yogurt
- 1 teaspoon honey
- ¼ teaspoon vanilla extract

Directions:

- To prepare shortcakes:** Preheat oven to 400°F. Whisk all-purpose flour, pastry flour, sugar, baking powder and salt together in a medium bowl. Stir in ½ cup yogurt and milk, using a flexible spatula to incorporate the milk into the flour mixture until a shaggy dough forms. Turn the dough out onto a lightly floured work surface and gently bring it together with your hands until it holds together and there are no more floury bits. Pat into a ¾-inch-thick rectangle; cut evenly into 6 rectangles (about 2-by-1½ inches each). Transfer the rectangles to a parchment-paper-lined baking sheet. Lightly brush with milk.
- Bake until golden brown, 15 to 17 minutes. Transfer to a wire rack to cool slightly, about 20 minutes.
- Meanwhile, prepare strawberries:** Stir sliced strawberries, sugar and lemon zest together in a medium bowl. Let stand at room temperature, stirring occasionally, until the berries release their juices, about 20 minutes.

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4. **To prepare honey yogurt:** Whisk yogurt, honey and vanilla together in a small bowl until very smooth and creamy.
5. To serve, slice the cooled shortcakes in half. Spread 2 tablespoons honey yogurt on the bottom half of each shortcake. Top each with 3 tablespoons strawberries and drizzle evenly with accumulated juices. Top each with the top half of the shortcake. Serve immediately.

Nutrition Facts:

Servings: 6 Serving Size: 1 shortcake

Per Serving: 155 calories; protein 8g; carbohydrates 30g; dietary fiber 3g; sugars 8g; fat 1g; cholesterol 3mg; vitamin a 27IU; vitamin c 23mg; folate 43mcg; calcium 146mg; iron 1mg; magnesium 30mg; potassium 210mg; sodium 242mg; added sugar 3g.

Recipe from eatingwell.com