

Strawberry Shortcakes

Serve these sugar-gilded shortcakes as part of a special breakfast or brunch or in the afternoon with cups of hot tea.

Prep Time: approx. 25 Minutes.

Cooking Time: 12 Minutes

Servings: 8



1 tsp	unflavored gelatin	5 ml
1/4 cup	water	60 ml
3/4 cup	reduced-fat sour cream	180 ml
1/2 cup	1% cottage cheese	120 ml
2 Tbsp	light brown sugar	30 ml
1 cup	gluten flour	240 ml
1 cup	bread flour	240 ml
1/2 cup	soy protein powder	120 ml
3 Tbsp	sugar	45 ml
2 tsp	baking powder	10 ml
1/2 tsp	baking soda	2.5 ml

1/4 tsp	salt	1 ml
3 Tbsp	cold unsalted butter, cut into small pieces	45 ml
1-3/4 cup	low-fat buttermilk	420 ml
1-1/2 pint	strawberries, thinly sliced	825 ml

Directions

- 1 Preheat the oven to 425°F.
- 2 In a cup, sprinkle the gelatin over the water and let stand for 5 minutes to soften, then microwave on high power until hot and the gelatin has dissolved, 20 to 30 seconds. In a food processor, combine the sour cream, cottage cheese and brown sugar and process until smooth. With the machine running, pour in the gelatin mixture through the feed tube, then transfer to a small mixing bowl. Cover and refrigerate.
- 3 In a large mixing bowl, combine the gluten flour, bread flour, soy powder, 2 tablespoons of the sugar, the baking powder, baking soda and salt. Using a pastry blender, two knives or your fingers, cut in the butter until the mixture resembles coarse crumbs. Pour in the buttermilk and lightly stir with a fork until a rough dough forms.
- 4 On a well-floured surface, with floured hands, very lightly knead the dough once or twice. Pat the dough into an 8-inch disk. With a thin, sharp knife, cut the disk

into 8 wedges and transfer the wedges to an ungreased cookie sheet, placing them about 1 inch apart. Sprinkle with the remaining 1 tablespoon sugar.

- 5 Bake the shortcakes for 12 to 15 minutes, until light golden brown. Let cool slightly on the cookie sheet on a rack.
- 6 To serve, split each shortcake with a knife and place the bottoms on 8 plates. Spoon the berries over and top each with a dollop of the sour-cream mixture. Replace the tops of the shortcakes and serve.

Information per serving:

K-Count: 3

Calories: 271

Protein: 23.9 g

Carbs: 28.2 g

Fat: 7.2 g

Recipe courtesy of Kinetix