



## Strawberry Shortcake in a Muffin Tin

### Ingredients:

- 1 cup whole wheat flour
- 1 ½ cups all-purpose flour
- ½ cup sugar
- 2 t baking powder
- ¼ t salt
- 5 T cold, unsalted butter, cut into small pieces
- 1 large egg
- 1 cup 1% milk
- 1 t vanilla
- 3 cups sliced strawberries
- 4 T fresh lemon juice
- 2 T sugar
- 1 cup whipping cream

Preheat oven to 375 degrees. Line a 12 muffin tin with paper muffin cups.

Whisk both flours, sugar, baking powder and salt together in a large bowl. Cut in the butter with a pastry blender until pieces are smaller but still visible. Whisk egg, milk and vanilla in a small bowl. Make a well in the center of the dry ingredients, pour in the egg mixture and stir with a fork just until the batter comes together. Lumps are fine, do not over mix.

Scoop about 3 tablespoons of batter into each muffin cup. Bake until puffed and golden at the edges, 14-18 minutes. Cool in the tin for 5 minutes, then transfer to a wire rack to cool for 15 minutes more. While the shortcakes cool, combine the strawberries, lemon juice and sugar. Whip the cream to stiff peaks. To serve, cut the shortcakes in half, spoon over strawberries and top with a spoon of whipped cream. Makes 12 shortcakes.

**Skills:** measuring, combining

**Equipment:** 12 muffin tin, paper muffin cups, hand mixer, pastry blender

Adapted from eatingwell.com

| <b>Nutrition Facts</b>  |                      |
|---|----------------------|
| Serving Size 1/12 of recipe 118g (117 g)  |                      |
| <b>Amount Per Serving</b>   |                      |
| <b>Calories</b> 235   | Calories from Fat 83 |
| <b>% Daily Value*</b>   |                      |
| <b>Total Fat</b> 10g  | 15%                  |
| Saturated Fat 6g  | 28%                  |
| Trans Fat 0g  |                      |
| <b>Cholesterol</b> 45mg   | 15%                  |
| <b>Sodium</b> 72mg  | 3%                   |
| <b>Total Carbohydrate</b> 34g   | 11%                  |
| Dietary Fiber 2g  | 10%                  |
| Sugars 14g  |                      |
| <b>Protein</b> 5g   |                      |
| Vitamin A 7%  | Vitamin C 41%        |
| Calcium 5%  | Iron 8%              |
| <small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small> |                      |
| <a href="http://www.NutritionData.com">www.NutritionData.com</a>  |                      |