Strawberry Shortcake  
Serves 9

**INGREDIENTS**

- 1 quart fresh strawberries, hulled and sliced
- 1 tablespoon sugar, honey, or agave nectar
- Zest of 1 lemon (optional)
- 2¼ cups whole wheat flour
- ½ teaspoon salt
- 1 Tablespoon baking powder
- ½ cup 1% or skim milk
- ¼ cup oil
- 1 egg, beaten
- 1 teaspoon vanilla extract
- 3 Tablespoons sugar
- ¼ cup sliced almonds (optional)
- 1 ½ cups low-fat Greek vanilla yogurt

**Directions:**

1. Preheat oven to 400 degrees. Lightly grease a baking sheet.
2. In a medium mixing bowl, combine sliced strawberries, sugar or honey, and lemon zest, if using. Let stand 30 minutes
3. Meanwhile, in a large bowl whisk together flour salt, and baking powder. Add milk, oil, beaten egg, vanilla, and sugar. Mix with a spoon until mixture is evenly moistened (do not over mix or shortcake will be tough).
4. Turn dough onto a floured surface. Rub some flour in your hands and pat dough into a 9-inch square. Using a sharp knife, cut into 9 squares (3X3). Place on baking sheet. Sprinkle each with sliced almonds, if desired.
5. Bake for 15-18 minutes, until golden brown. Cool on a wire rack.
6. To serve, cut shortcakes in half, top with strawberries and a dollop of yogurt, and place top back on.

**Nutritional Information per serving:**

- Calories: 243
- Carbohydrates: 36g
- Total Fat: 7g
- Cholesterol: 21mg
- Saturated Fat: 1g
- Dietary Fiber: 5g
- Sodium: 154mg
- Protein: 8g