

**Boston Medical Center  
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263  
Food Demonstration Kitchen: (617) 414-3840 or [www.bmc.org](http://www.bmc.org)



**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