

# Strawberry Shortcake

## **Ingredients:**

4 cup sliced strawberries  
1 tsp sugar  
1 1/2 cup flour  
2 tsp baking powder  
1 tsp salt  
2 Tbsp sugar  
3 oz (6 Tbsp) chilled cutter, cut into small pieces  
3/4 cup buttermilk  
1 cup sliced almonds, toasted  
1 cup whipping cream  
1 tsp vanilla

## **Directions:**

Put fruit in a medium bowl. Sprinkle with sugar and set aside to macerate for 30 minutes at room temperature.

Preheat oven to 400°F. Combine flour, baking powder, salt, and sugar in a large bowl. Cut butter into flour mixture with your fingers, working it in until the mixture resembles coarse meal. Mix in buttermilk.

Turn out dough onto a lightly floured surface. Knead several times and shape into a round about 2" thick and 6" in diameter. Cut round into quarters.

Divide almonds and lightly press them into tops of the four quartered biscuits. Bake on an ungreased cookie sheet until just golden, about 15 minutes.

With a whisk, whip the cream with the vanilla until firm.

Cool biscuits slightly, then slice in half horizontally. Place bottom halves of biscuits on plates. Top each with fruit and whipped cream, then the biscuit tops.

**Nutritional Information:**

*Makes 4 servings; per serving:*

Calories: 771

Carbohydrates: 64g

Fat: 52g

Sodium: 976mg

Dietary Fiber: 7g

Protein: 14g

*Source: [www.womenshealthmag.com](http://www.womenshealthmag.com)*