

Strawberry Shortcakes

Prep 20M | Bake 20M | Enjoy in 45M

Get patriotic this July with red and white strawberry shortcakes. The soft, buttery shortcakes with sweet, juicy strawberries create the perfect combination for dessert this Canada Day. This recipe is part of our July meal plan.

INGREDIENTS

- 1¾ cups all-purpose flour
- ¼ cup granulated sugar
- 1 tbsp baking powder
- ¼ tsp baking soda
- ½ tsp salt
- 7 tbsp unsalted butter, chilled and cut into ½ inch cubes
- ¾ cup buttermilk
- 3 cups strawberries, sliced
- ¼ cup granulated sugar
- 2 tbsp seedless raspberry jam
- 1 cup whipping cream
- 2 tbsp icing sugar
- 1 tsp vanilla

DIRECTIONS

1. Preheat oven to 375°F.
2. In a medium bowl, whisk together flour, sugar, baking powder, baking soda and salt.
3. Cut in butter and using a pastry blender or two knives until mixture is crumbly and pieces of butter are pea-sized.
4. Add buttermilk and stir with a spatula just until combined. Using floured hands, gather dough into a ball. Dough will be soft.
5. Turn out dough onto a lightly floured surface and knead gently 6-8 times. Do not over-knead.
6. Roll out dough to ¾ inch thickness. Using a 3-inch round cookie cutter, carefully cut dough into six rounds.
7. Place on a baking sheet and bake until slightly golden around the edges, about 20 minutes. Remove from oven and allow to cool completely on a rack.

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DIRECTIONS Continued

8. In a medium bowl, combine strawberries, sugar and jam. Stir to combine and set aside.
9. Using medium speed of an electric mixer, beat whipping cream, sugar and vanilla until medium-stiff peaks are reached.
10. Cut shortcakes in half horizontally. Top with strawberries and whipped cream. Cover with top halves of shortcakes.
11. Serve immediately and enjoy!

Note: Shortcakes, strawberries and whipped cream may be prepared in advance but do not assemble shortcakes until ready to serve.

NUTRITIONAL FACTS

Serves 6

Nutritional analysis per one cake: 524 calories, 29 g fat, 7 g protein, 61 g carbohydrate (58 g available carbohydrate), 3 g fibre, 539 mg sodium