

## Strawberry Shortcakes filled with Orange Infused Strawberries & Light Whipped Cream

(Makes 8 servings)

### **Ingredients:**

#### *For Biscuits:*

- 1 ¼ cups all purpose flour
- ½ cup whole wheat flour
- 2 tablespoons Splenda Blend sugar substitute, plus extra for sprinkling on unbaked biscuits
- 1 tablespoon baking powder
- ¼ teaspoon salt
- ¼ cup (½ stick) chilled, unsalted butter, cut into half inch cubes (or Smart Balance spread)
- 1 cup plus 2 tablespoons low fat plain yogurt
- 1 tablespoon grated orange peel

#### *For Berries and Cream:*

- 3 1-pint baskets strawberries, hulled and sliced
- ¼ cup Splenda Blend sugar substitute
- 2 tablespoons thinly sliced fresh mint
- ½ teaspoon grated orange peel
- 1 cup low fat frozen whipped topping

### **Directions:**

#### *Make biscuits:*

- 1) Preheat oven to 375 degrees F. Line baking sheet with parchment paper.
- 2) Blend flours, 2 tablespoons sugar substitute, baking powder, and salt in food processor for 5 seconds. Add butter. Using on/off pulses, process until mixture resembles coarse meal.
- 3) Add 1 cup low fat yogurt and orange peel. Process just until moist clumps form. You are not looking for a ball of dough to form in the food processor!
- 4) Dump dough clumps out onto a work surface and form into a ball, gently knead 5 turns. Roll out dough on floured surface to ¾" thick round. Using 2" diameter cutter, cut out 3-4 rounds. Gather scraps of dough and reroll as needed to make more 2" rounds. Arrange rounds on prepared sheet.
- 5) Brush with remaining 2 tablespoons yogurt. Sprinkle tops lightly with sugar substitute.
- 6) Bake biscuits until pale golden and tester inserted in center comes out clean, about 20 minutes. Cool 12-15 minutes.

#### *Make berries and cream:*

- 1) Combine berries, ¼ cup sugar substitute, mint, and orange peel in medium bowl to blend. Let stand at least 30 minutes and up to 2 hours to macerate the berries, stirring occasionally.
- 2) Cut biscuits horizontally in half. Place biscuit bottom in each bowl. Top each with berries, then whipped topping and biscuit top.

### **Nutritional Analysis:** (per serving)

- |                      |                       |
|----------------------|-----------------------|
| ▪ Calories: 240      | ▪ Sodium: 330 mg      |
| ▪ Total Fat: 8 g     | ▪ Carbohydrates: 40 g |
| ▪ Saturated Fat: 5 g | ▪ Dietary Fiber: 4 g  |
| ▪ Trans Fat: 0 g     | ▪ Protein: 6 g        |
| ▪ Cholesterol: 5 mg  |                       |

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### **Source:**

*From Decadent Low Fat Desserts Class with Donna Hann of the Culinary Artist, and Melissa Ohlson, MS, RD, LD, Nutrition Projects Coordinator, Preventive Cardiology & Rehabilitation.*

### **Dietitian's Notes:**

To cut the total fat and saturated fat in this dessert even further, try using Smart Balance (regular, not light) trans-free tub spread in place of the butter. You'll drop the total fat to 6 grams per serving and saturated fat to 2 grams.

As we strive to reduce our risk for heart disease (and our waistlines), we often forego some of our most beloved foods, like dessert! While this is a good strategy to follow most of the time (there are a lot of calories in dessert you know!), there is no need to exclude desserts entirely from your life. In fact, rich, decadent desserts can fit into a heart-healthy eating plan, especially when a little culinary know-how and portion control is adopted.

Chef Donna and Melissa have teamed up to show you how simple recipe substitutions can result in mouthwatering masterpieces that will fool your biggest dessert skeptics. Although most of our desserts can't be coined "low-fat," they have certainly been altered to significantly reduce the total fat, saturated fat and trans fat levels to help promote a heart-healthy lifestyle and give a little oomph to your next dessert or dinner party.

Please note where Chef Donna and Melissa have noted additional culinary and nutrition tips throughout this recipe and others provided during this class. Enjoy!