

## Short-and-Sweet Berry Shortcake (for 4)

Source: Better Homes and Gardens

Prep: 20 minutes Bake: 10 minutes

### INGREDIENTS:

3 C fresh blueberries, raspberries and/or sliced strawberries  
2 TBS sugar -- 1/3 C rolled oats -- 1-1/2 tsp balsamic vinegar (optional)  
1 C whole wheat pastry flour or all-purpose flour  
1 TBS sugar -- 1 tsp baking powder -- 1/8 tsp baking soda  
1/8 tsp salt -- 1/3 C low-fat buttermilk -- 2 TBS cooking oil  
1/2 tsp frozen orange juice concentrate, thawed  
1/4 C low-fat ricotta cheese -- 2 tsp honey  
Orange peel curls (optional) -- Fat-free milk

### DIRECTIONS:

Toss berries with 2 TBS sugar in medium bowl (if desired, toss with vinegar). Cover/let stand at room temperature 1 hour or till a syrup forms. Preheat oven to 425 degrees F. Place oats in blender or food processor – cover and blend OR process till fine - transfer oats to medium mixing bowl - stir in flour, 1 TBS sugar, baking powder, baking soda + salt. Make a well in center of dry ingredients. Add buttermilk + oil all at once. Using a fork, stir just till dough clings together - turnout onto lightly floured surface. Quickly knead dough by gently folding/pressing for 10-12 strokes. Pat or lightly roll dough into 6" square. Make 4 3" stars or other desired shapes with cookie cutters. Place on ungreased baking sheet. Brush lightly with milk. Bake 10 minutes or till golden - remove from baking sheet; cool 10 minutes on wire rack. Meanwhile, in small bowl combine ricotta cheese, honey + juice concentrate - beat with fork till smooth - cover/chill till needed or up to 24 hours. To serve, split warm shortcakes in half. Place shortcake bottoms on dessert plates. Top each with some of the berry mixture. Add shortcake tops + remaining berries - dollop with Honeyed Ricotta. If desired, garnish with orange peel curls. Serve immediately.

**Tip:** Shortcakes can be made a day ahead. After cooling, seal in airtight container and store at room temperature.

[Nutritional facts per serving: calories: 300, total fat: 9g, saturated fat: 2g, cholesterol: 4mg, sodium: 266mg, carbohydrate: 51g, fiber: 6g, protein: 8g, vitamin A: 3%, vitamin C: 26%, calcium: 20%, iron: 7%]