

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

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. Meanwhile, preheat oven to 425 degrees F. Place oats in blender container or food processor bowl - cover/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.

Turn dough out onto lightly floured surface. Quickly knead dough by gently folding and pressing for 10-12 strokes. Pat or lightly roll dough into a 6" square. Cut into 4 3" stars of other desired shapes with cookie cutters. Place on un-greased baking sheet. Brush lightly with milk. Bake 10 minutes or till golden brown. Remove shortcakes from baking sheet; cool on a wire rack for 10 minutes. Meanwhile, in small bowl, combine ricotta cheese, honey + orange 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. (You can make the shortcakes 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%]