

Dessert, Diabetic Friendly

Diabetic Friendly Strawberry Shortcake

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Servings: 8

1 3/4 cups whole-wheat pastry flour
1/4 cup all-purpose flour
2 1/2 teaspoons low-sodium baking powder
1 tablespoon sugar
1/4 cup trans-free margarine
3/4 cup fat-free milk
6 cups fresh strawberries
3/4 cup plain fat-free yogurt

Preheat the oven to 350 degrees.

Sift the whole-wheat pastry flour, all-purpose flour, baking powder and sugar together.

Cut the chilled margarine into the dry ingredients until the mixture resembles coarse crumbs.

Add the milk. Stir until a moist dough forms.

Turn the dough onto a floured work surface and, with floured hands, knead gently 6 to 8 times until smooth.

Roll into a 1/4-inch thick rectangle.

Cut into eight squares.

Bake until golden, 10 to 12 minutes.

Allow the cake to cool.

Place the cake onto individual plates.

Top with the strawberries and yogurt.

Per Serving (excluding unknown items): 53 Calories; trace Fat (6.4% calories from fat); 1g Protein; 12g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Fruit; 0 Other Carbohydrates.