

SERVES 6

Sugar-Free Sweet Strawberry Shortcake

(Vegan, Diabetes-Friendly, All-Natural)

Isabellemckenzie.com | total time: 30 mins



INGREDIENTS

FOR THE BISCUITS:

2 cups white whole wheat flour

4 Tbsp. cold butter (or see notes for a vegan option)

4 tsp baking powder

1/4 tsp baking soda

3/4 tsp salt

1 cup low-fat buttermilk (or see notes for a vegan option)

1/2 teaspoon pure vanilla extract

5 drops liquid stevia

FOR THE STRAWBERRIES:

2 cups sliced strawberries

liquid stevia, to taste

*optional

FOR THE CREAM:

1 1/2 cups heavy whipping cream or unsweetened coconut cream

3/4 teaspoon pure vanilla extract

liquid stevia, to taste

INSTRUCTIONS

1. Preheat your oven to 425°F. Combine flour, butter, baking powder, baking soda, and salt in a large mixing bowl.
 2. Using your fingers to break apart the butter, mashing it into the flour until you form little pebbles. When combined, make a well in the center of the mixture and tip in the buttermilk.
 3. Use a fork to gently form the dough together. Place dough out onto a floured surface and pat into a square. Gently fold the dough onto itself four or five times, then roll it out to form a 1"-thick circle.
 4. With a round cookie cutter, cut out the biscuits. With scrap dough, reform another circle and repeat. You should have around 6 biscuits. Place them all onto a lined or greased baking sheet and bake on the middle rack for 10 to 12 minutes, until golden brown. Remove from the oven and allow to cool for 10 minutes.
 5. For the strawberries: Trim and slice strawberries; optionally sweetened to taste. Put to one side.
 6. For the whipped cream: Whip the cream, vanilla, and liquid stevia in a large mixing bowl, using a hand mixer or stand mixer, whisk on medium-high speed until stiff peaks form.
 7. Assembly: Once your biscuits are cooled, slice the biscuits in half and layer with strawberries and whipped cream. Serve immediately and enjoy.
- Note:** For great vegan options replace cold butter for solid coconut oil or coconut butter and replace butter milk with homemade vegan buttermilk. Simply add 1 Tbsp of freshly squeezed lemon juice to a measuring cup and then fill with unsweetened oat-milk, up to the 1 cup line. Allow to sit for a minute. When thickened and curdled. Your vegan buttermilk is ready!

If you give this recipe a go, don't forget to tag me on Instagram @itsisabelle and using hashtag #cookingwithisabelle

© Copyright 2020 AME Media Group LLC. All Rights Reserved. May be shared with copyright and credit left intact.

Copyright Notice: All text and images in this printable are protected under United States federal copyright law. The unauthorized reproduction or distribution of this copyrighted work is illegal, and can result in the loss of any revenue received from unlawful distribution, legal fees, substantial civil fines, and possibly criminal charges.