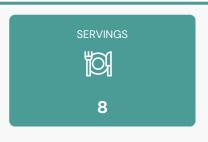


Summer Fruit Shortcakes with Maple Cream



2 tablespoons powdered sugar





DESSERT

Ingredients

2 teaspoons double-acting baking powder
0.5 cup skim milk fat-free (skim)
1.8 cups flour all-purpose
3 cups fruit diced sliced (such as strawberries, peaches, raspberries or blueberries)
2 tablespoons granulated sugar
0.8 teaspoon peppermint flavoring
1 tablespoon maple syrup
0.3 cup butter reduced-fat

	0.5 teaspoon salt	
	6 oz vanilla yogurt light fat free french yoplait®	
	0.3 cup whipping cream	
Equipment		
	bowl	
	baking sheet	
	oven	
	wire rack	
	blender	
	hand mixer	
Directions		
	In large bowl, stir together fruit and maple syrup.	
	Let stand about 1 hour until fruit becomes juicy.	
	Heat oven to 450F. Spray large cookie sheet with cooking spray. In medium bowl, stir together flour, granulated sugar, baking powder and salt.	
	Cut in margarine, using pastry blender or crisscrossing 2 knives, until mixture looks like fine crumbs. Stir in milk just until blended.	
	Drop dough by 8 spoonfuls about 2 inches apart onto cookie sheet.	
	Bake 11 to 13 minutes or until golden brown.	
	Remove from cookie sheet to cooling rack.	
	In small bowl, beat whipping cream and powdered sugar with electric mixer on high speed until soft peaks form. Gently fold in yogurt and maple flavor. (Refrigerate until ready to serve.)	
	Split shortcakes horizontally in half while warm.	
	Place about 1/4 cup fruit and 1 tablespoon Maple Cream on bottom half of each shortcake.	
	Add shortcake tops. Top each with additional fruit and 1 tablespoon Maple Cream.	

Nutrition Facts

Properties

Glycemic Index:38.36, Glycemic Load:18.31, Inflammation Score:-6, Nutrition Score:8.0691304103188%

Nutrients (% of daily need)

Calories: 301.8kcal (15.09%), Fat: 11.84g (18.21%), Saturated Fat: 4.09g (25.57%), Carbohydrates: 44.88g (14.96%), Net Carbohydrates: 42.72g (15.53%), Sugar: 20.52g (22.8%), Cholesterol: 12.73mg (4.24%), Sodium: 368.81mg (16.04%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 5.17g (10.35%), Vitamin B1: 0.25mg (16.49%), Vitamin B2: 0.27mg (16.12%), Vitamin A: 792.88IU (15.86%), Selenium: 10.95µg (15.64%), Folate: 54.95µg (13.74%), Calcium: 136.12mg (13.61%), Manganese: 0.27mg (13.5%), Phosphorus: 115.12mg (11.51%), Vitamin B3: 2.01mg (10.07%), Iron: 1.69mg (9.37%), Fiber: 2.16g (8.65%), Potassium: 199.84mg (5.71%), Copper: 0.11mg (5.54%), Magnesium: 17.48mg (4.37%), Vitamin K: 4.51µg (4.29%), Vitamin B12: 0.23µg (3.78%), Zinc: 0.56mg (3.73%), Vitamin B5: 0.36mg (3.61%), Vitamin E: 0.41mg (2.7%), Vitamin C: 2.2mg (2.67%), Vitamin B6: 0.05mg (2.45%), Vitamin D: 0.33µg (2.18%)