



Vegan Strawberry Shortcake served with Vegan Whipped Cream

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



174 kcal

DESSERT

Ingredients

- 2 cups flour all-purpose
- 0.5 cup almond flour
- 3 tablespoons sugar
- 1 teaspoon baking soda
- 0.5 teaspoon salt
- 1 cup vanilla almond milk
- 1 tablespoon apple cider vinegar

- 0.5 cup vegetable oil
- 1 almond extract
- 3 cups strawberries washed hulled quartered

Equipment

- bowl
- baking sheet
- baking paper
- oven
- whisk
- serrated knife

Directions

- Preheat your oven to 400 degrees F.
- Add the sliced strawberries to a glass bowl and refrigerate until ready to use.
- Combine the flours, baking soda and salt in a medium-sized bowl and mix together well.
- In a small bowl, add 1 teaspoon water and the sugar, and mix together a bit to help dissolve the sugar.
- In a large bowl, combine the almond milk, vinegar, oil, sugar and almond extract.
- Whisk together.
- Make a well in the center of the dry ingredients and gradually add the wet ingredients.
- Mix everything together until combined.
- Line two baking sheets with parchment paper.
- Drop the batter by generous tablespoons, a few inches apart on the sheets (I recommend 5 per baking sheet).
- Bake for 10-12 minutes, or until the shortcakes are just slightly golden.
- Allow the shortcakes to cool, then slice them in half with a serrated knife.
- Add a generous dollop of whipped topping to the bottom half, then a spoonful of strawberries on top of that. Top with the remaining shortcake half.

Add a bit more whipped topping to the top of the shortcake, and spoon a few of the strawberries over it.

Serve on individual dessert plates.

Nutrition Facts

PROTEIN 9.48% **FAT 28.68%** **CARBS 61.84%**

Properties

Glycemic Index:15.5, Glycemic Load:14.79, Inflammation Score:-3, Nutrition Score:6.5634782608696%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg Pelargonidin: 10.74mg, Pelargonidin: 10.74mg, Pelargonidin: 10.74mg, Pelargonidin: 10.74mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.34mg, Catechin: 1.34mg, Catechin: 1.34mg, Catechin: 1.34mg Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 174.2kcal (8.71%), Fat: 5.63g (8.66%), Saturated Fat: 0.57g (3.59%), Carbohydrates: 27.3g (9.1%), Net Carbohydrates: 25.09g (9.13%), Sugar: 5.99g (6.66%), Cholesterol: 0mg (0%), Sodium: 259.34mg (11.28%), Protein: 4.18g (8.37%), Vitamin C: 25.4mg (30.79%), Manganese: 0.34mg (17.16%), Folate: 56.12µg (14.03%), Vitamin B1: 0.21mg (13.78%), Selenium: 8.65µg (12.36%), Fiber: 2.21g (8.83%), Iron: 1.57mg (8.7%), Vitamin B3: 1.64mg (8.22%), Vitamin B2: 0.13mg (7.83%), Calcium: 53.04mg (5.3%), Vitamin K: 5.03µg (4.79%), Phosphorus: 37.53mg (3.75%), Copper: 0.06mg (2.87%), Magnesium: 11.28mg (2.82%), Potassium: 95.16mg (2.72%), Vitamin E: 0.32mg (2.12%), Vitamin B5: 0.16mg (1.64%), Zinc: 0.24mg (1.58%), Vitamin B6: 0.03mg (1.57%)