

Strawberry Shortcake Recipes

Drop Scones

Yields: 8-9 scones

1 cup whole wheat flour
1/2 cup oat flour (make your own by pulsing rolled oats in a blender)
2 Tbsp date sugar, (or blend 1 date into the nondairy milk)
1/4 tsp salt
1 1/2 tsp baking soda
1 cup nondairy milk
1 tsp lemon juice

1. Preheat oven to 350 F
2. Mix lemon juice into nondairy milk and let it sit for about 10 minutes, to thicken slightly
3. Stir dry ingredients together in mixing bowl.
4. When milk has thickened, add to dry ingredients
5. Stir just until mixed. Let it sit for a couple of minutes to thicken. Do not stir again.
6. Drop large spoonfuls of batter onto cookie sheet, lined with silicone mat or parchment paper
7. Bake about 10 minutes, until lightly browned.

Note: To make this gluten free, you can leave out whole wheat flour and use 1 1/2 cup oat flour instead. The scones will not rise as much, but are still tasty. (The recipe in my cookbook has cinnamon in it. I leave it out.)

Strawberry Sauce

Yields: 1 1/2 cup sauce

1 cup seedless red grapes, washed
1 rounded cup fresh or frozen (and thawed) strawberries

1. Blend grapes in blender to liquify
2. Add strawberries to blender and just pulse a couple of times. You don't want them to be completely liquefied

Note: Keeps in frig. for about a week, and also freezes well.

Dreamy Creamy Topping

Yields: 2 cups

1 (12.3 oz) box Mori-Nu silken tofu, firm or extra firm
1/4 cup raw cashews (optional)
3 Medjool dates, soaked, pits removed
1 tsp vanilla
1 cup fresh or frozen strawberries (Optional. Leave out if using topping on pie.)

1. Soak dates in water for 10-15 minutes
2. Mix ingredients thoroughly in a blender
3. Chill and serve as you would whipped cream

To Assemble Strawberry Shortcake:

1. Cut scones in half (like a burger bun)
2. Spoon strawberry sauce over cut scones
3. Top with Dreamy Creamy Topping
4. Add sliced fresh strawberries to the top
5. Eat with joy! This special treat is actually GOOD for you!