

Deluxe Whole Wheat Strawberry Shortcake

A light and fluffy whole wheat cake topped with whipped cream and fresh strawberries

Yield:

8 servings

Ingredients:

4 eggs, separated

3/4 cup sugar, divided*

1 cup whole wheat flour

1/3 cup water

1/4 cup oil

1 1/2 teaspoons baking powder

1/2 teaspoon vanilla extract

1 pound (about 2 cups) fresh strawberries, washed and sliced

1 cup whipping cream

1 tablespoons sugar

1/2 teaspoon vanilla

Instructions:

1.

In a large bowl with electric mixer at high speed, beat egg whites

until soft peaks form. Continue beating at high speed and add 1/4 cup

sugar, about 2 tablespoonfuls at a time. Beat well after each addition,

until sugar is completely dissolved and egg whites stand in stiff peaks.

2. In another mixing bowl, use an electric mixer to combine the egg

yolks, flour, water, oil, baking powder, vanilla, and 1/2 cup

of sugar.

Using a rubber spatula, gently fold the flour mixture into the beaten

egg whites until completely blended. Pour batter into a greased and

floured 9-inch springform pan or two smaller round cake pans.

3. Bake cake at 325 degrees for about 40 minutes or until the top of

the cake springs back when lightly touched with finger and cake tests

done. Remove from oven and allow to cool completely before removing from

pan. The cake will sink slightly as it cools.

4. Beat whipping cream in a chilled bowl on high until soft peaks

form. Add a tablespoon of sugar and 1/2 teaspoon vanilla and continue

beating until cream is stiff.

5. To serve, spread the whipped cream over the cake. Top with strawberries. Cut into slices and serve! Or, cut into slices and top each slice with whipped cream and strawberries just before serving.



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This recipe is from Tammy's Recipes.