

RECIPES

Peach or Berry Shortcake



Ingredients (2 serving)

2 slices prepared angel food cake
 1/4 cup low-fat vanilla or fruit-flavored yogurt
 1/2 - 1 cup sliced fresh peaches or berries
 2 tablespoons non-fat whipped topping, if desired

Healthy add-in:

Top with a few teaspoons of toasted nuts.

Nutrition Information per serving

134 calories, 1 g fat, .35 g sat fat,
 4 g protein, 28.8 g carbohydrate,
 1.6 g fiber, 233 mg sodium.

Instructions

1. Thoroughly wash hands for 20 seconds and clean all food preparation surfaces.
2. Cut the portion of cake into 4 slices. Place each slice on a small serving plate.
3. Cover each piece of cake with 1 tablespoon yogurt.
4. Cover each piece with 1/4 cup fruit. Top with whipped topping, if desired.
5. Serve immediately.

BERRIES

Choose: strawberries that are bright red and blueberries that are dusty blue. All berries should be dry and plump. Avoid wet, moldy or mushy berries.

Store: in the refrigerator. Don't wash berries until you are ready to use them. Blueberries will keep 10-14 days, but strawberries, blackberries and raspberries keep only a few days.

How much? 1 pint = 2 cups of berries