

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