

Strawberry Shortcake



Totals for 1 serving (makes 8):

Calories 180 Fat 2g Fiber 4g Carbs 35g

What you'll need:

For the shortcake:

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|-------------------------------------|------------------------|
| 1 Can butter flavored cooking spray | 2 T Splenda for baking |
| 1 Cup self-rising flour | 1 Cup skim milk |
| 1 Cup Whole-wheat flour | 2 Egg whites |
| | 1 T Canola oil |

For Filling/Topping:

- 2 Pints strawberries chopped in half as pictured
- 1 Cup Cool Whip Free
- ¼ Cup sugar free strawberry jelly (heated in the microwave to turn it into syrup)

- 1 9" Round cake pan

Let's get to cooking!

1. Preheat your oven to 400 degrees.
2. Spray cake pan with cooking spray.
3. Combine all dry ingredients in a bowl and mix together.
4. In a separate bowl mix together milk, egg whites and oil.
5. Add wet ingredient to dry folding in just until well moistened.
6. Spread this into your cake pan, mounding slightly at the sides.
7. Bake 20 minutes or until golden brown. Cool cake still in the pan.
8. Once cool gently slice through the cake horizontally using a long serrated knife.
9. Place bottom half on a serving plate and generously spray with cooking spray.
10. Spread whipped cream and ½ of your berries, then top with second half of cake.
11. Drizzle hot jelly (which is now syrup) on top and arrange remaining berries.
12. Serve immediately or chill and serve - and if desired top with whipped cream.

Carol T., of Biloxi, MS, "accidentally" inspired this **Kitty's Lighter Weigh** recipe.