

Strawberry Shortcake



Recipe developed by Paige Vondran.

Ingredients

	Vanilla Cake	Exchange		Strawberry Icing	Exchange
Heavy cream	15g	—	Heavy cream	45g	
Protein	15.5g Bob's Red Mill® hazelnut flour	2.5 (-6.25g fat)	Fat	10g butter, room temperature	2
	18g fresh, whole egg	1.2 (-1.2g fat)	Other	1/2 tsp DaVinci Gourmet® sugar-free strawberry syrup	
	5g sour cream	free			
Fat	7.6g butter, room temperature	3 (-7.45g)	Variations:		
	5g mayonnaise	1	<ul style="list-style-type: none"> You may use a different fruit for a topping such as blueberries or raspberries. 		
Carbohydrate	15.6g fresh strawberries, sliced (on top)	1.3	Notes on adjusting this recipe to fit individual meal plans:		
Other	1/8 tsp DaVinci Gourmet® sugar-free vanilla syrup		<ul style="list-style-type: none"> Amounts of hazelnut flour, egg and heavy cream should be about equal. For meal plans without heavy cream, 5g of sour cream may be substituted for the 15g of heavy cream in the cake recipe (increasing the total amount of sour cream in the cake to 10g). In the icing recipe, amounts of heavy cream and butter can be adjusted as need. However, please note that less butter will result in a thinner icing. 		
	1/8 tsp vanilla extract 2 drops liquid stevia				

Cake Directions

- Preheat the oven to 350° F.
- In a small bowl, weigh all of the wet ingredients: 15g heavy cream, whole egg, sour cream, butter, mayonnaise, vanilla syrup, vanilla extract and stevia.
- Mix well using a small whisk.
- In the same bowl, weigh the hazelnut flour. Mix well with a small rubber spatula.
- Pour the cake batter into a greased muffin pan.
- Bake for 15 minutes until the cake is slightly golden and fluffy.

Icing Directions

- In a small bowl, weigh heavy cream and room temperature butter.
- Add the DaVinci Gourmet® sugar-free strawberry syrup.
- Using a small whisk, whip the mixture until it is light and fluffy (an electric mixer is not necessary).
- Allow the cake to cool completely before decorating with icing.
- Garnish with the sliced strawberries.
- If desired, more DaVinci Gourmet® sugar-free strawberry syrup can be poured on top (as in the picture).

This recipe is designed to be used by patients who are followed by The Children's Hospital of Philadelphia's Division of Neurology Ketogenic Diet Program.

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