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Berry Ginger Shortcakes

Prep Time: 25 mins

Cook Time: 8 mins

Total Time: 33 mins

Ingredients

- ❖ 3 cup(s) blueberries, and/or raspberries, blackberries, strawberries
- ❖ 1 tablespoon sugar, granulated
- ❖ 2 tablespoon ginger, crystallized, finely chopped
- ❖ 1 2/3 cup(s) flour, all-purpose
- ❖ 2 teaspoon baking powder
- ❖ 1/4 teaspoon baking soda
- ❖ 3 tablespoon butter
- ❖ 1/2 cup(s) buttermilk
- ❖ 1/4 cup(s) refrigerated or frozen egg product, thawed, or 1 egg
- ❖ cooking spray
- ❖ 4 ounce(s) frozen light whipped dessert topping, thawed
- ❖ 1/4 cup(s) sour cream, light or fat-free
- ❖ sugar, powdered, sifted (optional)
- ❖ 2 tablespoon sugar, granulated, (optional)



Preparation

1. In a small bowl, combine berries, the 2 tablespoons granulated sugar (if desired), and the crystallized ginger. Set aside.
2. Preheat oven to 425°F. For shortcakes, in a medium bowl, stir together flour, the 1 tablespoon granulated sugar, the baking powder, and baking soda. Using a pastry blender, cut in butter until mixture resembles coarse crumbs. Make a well in center of flour mixture. In a small bowl, combine buttermilk and egg product or egg. Add to flour mixture all at once, stirring just until moistened.
3. Lightly coat a baking sheet with nonstick cooking spray; set aside. On a lightly floured surface, pat dough to 1/2 inch thickness. Using a floured 2 1/2-inch star-shaped cookie cutter or a round biscuit cutter, cut dough into star shapes or rounds, rerolling scraps as necessary. Place on prepared baking sheet.
4. Bake for 8 to 10 minutes or until golden. Cool slightly on a wire rack.
5. Meanwhile, in a small bowl, combine whipped topping and sour cream. Split shortcakes in half. Place bottoms on dessert plates. Spoon berry mixture and whipped topping mixture over bottoms. Replace shortcake tops. If desired, sprinkle with powdered sugar.