


Low Carb Berry Shortcake in 15 Minutes



 15 Minutes

 4

 Easy

Shortcake is a sweet biscuit or cake with a berry shortcake being made up of layers of shortcake, berries and whipped cream. The “hack” in this recipe is to use a microwave vanilla mug cake for the biscuit/cake portion of the dessert that only takes 2 minutes to cook in the microwave. I made it in a square ramekin and sliced it into 2 layers but any shaped mug or ramekin will work.

The cream component can be as simple as whipping pure cream till it is light and fluffy, or you can go a bit more fancy by creating chantilly cream, which is just a sweetened vanilla flavoured whipped cream.

The third and final component is all about the berries. If you really want to be quick about it, you can just quarter your berries and use just like that. But if you want to get a more luxurious berry hit, I would suggest either macerating the berries or making a berry compote so that you get those oozy berry juices that just scream decadence. I tend to use blackberries as they are one of the berries lowest in carbs but raspberries or strawberries would also be a great choice.

This quick little dessert cut into four pieces or in half makes for beautifully satisfying servings of berry shortcake that no-one will believe only took you just 15 minutes to make.

INGREDIENTS – CHANTILLY CREAM

50g Full Fat Cream
½ - 1 tsp Pure Vanilla Extract
1-2 tsp Sugar Replacement - *I use Natvia (a stevia/erythritol blend)*

INGREDIENTS – BERRY COMPOTE

80g Frozen or Fresh Blackberries (or berries of choice)
1 tsp Chia Seeds (optional)
2 Tb Sugar Replacement - *I use Natvia (a stevia/erythritol blend)*
1-2 Tb Water (if needed)

INGREDIENTS – VANILLA MUG CAKE

15g Blanched Almond Flour (almond meal without the skins)
1 Tb Coconut Flour
½ - 1 tsp Pure Vanilla Extract
¼ tsp Baking Powder
1 Tb Sugar Replacement, or more if you like your cake sweeter
1 Large Egg
1 Tb Flavourless Oil

METHOD

1. For the berry compote, place the berries, chia seeds and 2Tb of sugar replacement into a small saucepan over low to medium heat. The berries will begin to break down as the mixture heats up, releasing the berry juices but you can add 1-2Tb of water if the berries seem to be sticking to the bottom of the pan. Let the berry mixture simmer for a few minutes till the berries are soft, the mixture juicy, and the sugar replacement has dissolved. Set aside and allow to cool slightly. The chia seeds will help to thicken the mixture as it rests.
2. For the mug cake, place the blanched almond flour, coconut flour, vanilla extract, baking powder, sugar replacement, egg and flavourless oil into a flat-bottomed mug or ramekin (I used a square ramekin), and mix with a fork till it forms a smooth batter.
3. Place in a microwave on high for 90-120 seconds, time required to cook the mug cake will vary depending on the power of your particular microwave. I would recommend trying 90 seconds first and checking the cake. If it is not quite cooked in the centre, then place back in the microwave for another 15-30 seconds.
4. Once cooked, tip the cooked mug cake out onto a plate. Set to the side to cool slightly.
5. For the chantilly cream, whisk the cream, vanilla extract and sugar replacement together to form a vanilla flavoured whipped cream. You will want a medium to firm whip so that it can hold up the top layer of the cake.
6. To assemble, slice the cake in half horizontally to form two layers. Take half of the berry compote and spread onto one layer of cake then top with half of the chantilly cream. Place the second layer of cake on top and add the rest of the chantilly cream, then drizzle over the remainder of the berry compote.
7. This recipe makes 4 small servings (or 2 large slices) of delicious strawberry shortcake. I hope you enjoy!

Nutritional Information	
General average, however, nutritional values may vary depending on the brand of ingredients you use.	
Amount Per 1 Serving (4 serves per total recipe)	
Calories	146
Total Fat	12.3g
Total Carbohydrates	5.0g
Dietary Fibre	2.25g
Net Carb	2.75g
Protein	3.5g