

Gluten Free Vegan Strawberry Shortcake

Prep time:

15 minutes

Cooking time:

12 minutes

Yields:

12 shortcakes

Ingredients:

For the biscuits:

1 and 1/2 cup brown rice flour

1 cup almond flour

2 teaspoons baking powder

1/2 teaspoon salt

3/4 cup almond milk

1 teaspoon vanilla extract

2 tablespoons pure maple syrup

1/4 cup solid coconut oil

For the strawberries:

1 pint strawberries, hulled and sliced or chopped

1 1/2 teaspoons maple syrup, or more to taste

3/4 cup sliced almonds, toasted

For the cream:

1 can coconut cream, refrigerated overnight

1/2 teaspoon vanilla (optional)

1/2 teaspoon maple syrup, or more to taste (optional)

Directions:

Preheat oven to 400°F.

In a large bowl, combine brown rice flour, almond flour, baking powder and salt. Using a pastry cutter or two forks, cut the coconut oil into the flour until the mixture resembles a coarse crumb.

In a measuring cup, combine 3/4 cup almond milk, 1 teaspoon vanilla extract, and 2 tablespoons pure maple syrup. Pour the liquid into the bowl with the flour and stir until a dough forms. Using your hands, shape the dough into a large ball then transfer to a parchment paper lightly sprinkled with flour. Press it out to roughly 1-inch thick then use a cookie or biscuit cutter to cut out the shortcakes. Continue to ball up the dough, press it out and cut. You should end up with about 12-15 shortcakes. Transfer the parchment paper to a baking sheet and bake in the oven for 10-12 minutes, until light golden brown on the edges. Set aside to cool for at least 15 minutes.

While the shortcakes are baking and cooling, prepare the strawberries and cream. Toss the strawberries with the maple syrup and let macerate for at least 10 minutes before serving.

Place coconut cream in the bowl of a stand mixer, or a bowl if using a hand mixer. Mix in the vanilla and maple syrup. (Can refrigerate up to 3 days and re-whip before serving.)

Add almonds to strawberries just before serving.

To serve, place a shortcake on a plate, pile with berries and cream, top with another shortcake, more strawberries and add another dollop of cream.