

Strawberry Shortcake

2 cups almond flour (almond meal)
2 teaspoons baking powder
¼ teaspoon salt
½ cup olive or canola oil
1 cup egg substitute
1/3 cup water
¼ cup Splenda®
2 cups Cool Whip, sugar free
3 cups strawberries, fresh, sliced

Preheat oven to 350 degrees F. Spray muffin tin with non-stick cooking spray. Mix together almond meal, baking powder, salt and Splenda. Add oil and water; mix well. Fill 12 muffin tins about ½ full and bake for 15 minutes or until golden brown.

After muffins have cooled, split in half and fill with sliced strawberries and Cool Whip. Add a dollop of Cool Whip to the top and serve. Makes 12 servings.

Nutrition information per serving: 230 calories, 6 grams protein, 18 grams fat, 12 grams carbohydrate, 58 mg sodium.