



CAPTAIN COOK'S STRAWBERRY MAPLE SHORTCAKES

Mmmmmm....

- 1 C organic flour
 - 2 $\frac{1}{2}$ Tablespoons organic sugar
 - 1 $\frac{1}{2}$ teaspoon baking powder
 - $\frac{1}{4}$ teaspoon baking soda
 - $\frac{1}{4}$ teaspoon sea salt
 - $\frac{1}{2}$ C buttermilk
 - 1 $\frac{1}{2}$ Tablespoon Canola oil
 - 1 Tablespoon vanilla
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- 1 Qt organic strawberries, hulled and sliced
 - $\frac{1}{4}$ C organic maple syrup
 - $\frac{1}{2}$ C heavy organic whipping cream
 - 2 T organic sugar
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1. Preheat oven to 450
 2. Mix flour, 2 $\frac{1}{2}$ T sugar, baking powder, baking soda, and salt in large bowl
 3. Add buttermilk, oil and vanilla and mix with fork
 4. Drop onto greased baking sheet and bake for 10-12 minutes
 5. Mix strawberries in small bowl with maple syrup and set aside
 6. Whisk cream and 2 T sugar until soft peaks form
 7. Serve shortcakes layered with strawberries and dollop of whipped cream
 8. Yields 4