

Berry Shortcake

1 cup whole wheat flour	3-4 cups mixed berries
1 cup unbleached all purpose flour	1 cup whipped cream
2 Tablespoons sugar	
3 teaspoons baking powder	
½ teaspoon salt	
½ cup soft butter	
1 beaten egg	
2/3 cup milk	

Sift together flour, sugar, baking powder and salt. Cut in butter until mixture resembles coarse crumbs. In a separate bowl, mix together egg and milk, and add this all at once to the dry mixture; stir just enough to moisten.

Spread dough in greased 1 x 1 ½ inch round pan. Bake at 450 15-18 minutes. Remove from pan; cool on rack 5 minutes. Split into 2 layers; lift off the top carefully. Butter the bottom layer. Spoon berries and cream between layers and over the top. Serve warm.

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