

Joy of Living Cooking School

July 2024 – Berries

Summer Berry Shortcake (4 servings)

2 Medjool Dates
2 cups Berries of choice
1 tablespoon Lemon Juice

1 cup Oat Flour
1/2 cup Almond Flour
1-1/2 teaspoon Baking Powder
1/2 teaspoon Baking Soda
1/2 cup Applesauce (unsweetened)
1/4 cup Plant-based Milk (unsweetened)
1 tablespoon Lemon Juice
1/2 teaspoon Ground Flax Seed



Nutrition Facts

Servings: 4	
Amount per serving	
Calories	231
% Daily Value*	
Total Fat 7.9g	10%
Saturated Fat 1.3g	7%
Cholesterol 0mg	0%
Sodium 3456mg	150%
Total Carbohydrate 37.2g	14%
Dietary Fiber 7.2g	26%
Total Sugars 3.3g	
Protein 7g	
Vitamin D 0mcg	0%
Calcium 1135mg	87%
Iron 7mg	40%
Potassium 2783mg	59%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe analyzed by **verywell**

Nutrition Facts

Servings: 4	
Amount per serving	
Calories	80
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0.2g	1%
Cholesterol 0mg	0%
Sodium 8mg	0%
Total Carbohydrate 18.3g	7%
Dietary Fiber 3.4g	12%
Total Sugars 5g	
Protein 1.1g	
Vitamin D 0mcg	0%
Calcium 12mg	1%
Iron 1mg	3%
Potassium 129mg	3%

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Preheat your oven to 425° F. Line a baking tray with parchment paper and set aside.

Soak the dates in enough warm water to cover for 10 minutes.

In a mixing bowl, combine the oat flour, almond flour, baking powder, and baking soda. Mix to thoroughly combine. In a separate bowl combine the applesauce, milk, 1 tablespoon lemon juice, and flax seed. Add the wet mixture to the dry and mix until there are no remaining dry ingredients. Scoop the dough onto the prepared tray using a 1/3 cup measuring scoop to form 4 cakes. Bake for 15-18 minutes until lightly browned.

Remove the dates from the water and transfer them to a blender with 1/4 cup of berries and 1 tablespoon of lemon juice. Blend until smooth. Pour the liquid over the remaining berries and stir gently to evenly coat.

To serve slice the shortcake into layers using a serrated knife. Cover with a portion of berries and any topping of choice.

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Quinoa Berry Salad (6 servings)

- 1 cup Quinoa, rinsed
- 2 cups Water
- 1 tablespoon Coconut Aminos
- Zest from 1 orange
- Zest from 1 Lemon
- 1 cup Strawberries, hulled and sliced
- 1 cup Blueberries
- 1 cup Raspberries
- 1 cup Blackberries
- 1 cup Spinach
- 1/4 cup Mint Leaves
- 1/4 cup Orange Juice
- 1 tablespoon Lemon Juice



Nutrition Facts	
Servings: 6	
Amount per serving	
Calories	103
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0.3g	1%
Cholesterol 0mg	0%
Sodium 14mg	1%
Total Carbohydrate 19.8g	7%
Dietary Fiber 4.3g	15%
Total Sugars 4.8g	
Protein 3.6g	
Vitamin D 0mcg	0%
Calcium 35mg	3%
Iron 2mg	11%
Potassium 261mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calories a day](#) is used for general nutrition advice.

Recipe analyzed by **verywell**

Bring the water to a boil in a medium saucepan. Stir in the quinoa, cover, reduce the heat to low and cook for about 15 minutes until the water is absorbed and the quinoa is tender. Remove from heat and allow to rest, covered, for 5 minutes. After the rest, fluff the quinoa with a fork and add the coconut aminos and citrus zest. Stir to combine.

Transfer the quinoa to a salad bowl. Add all the remaining ingredients and stir to combine.

Salad may be served immediately or refrigerated to serve chilled.