

Strawberries with Angel Food Cake

Courtesy of Carole's Creations

Prep Time: 15 minutes

Standing Time: 2 hours or overnight

Serves: 6

CChints: Save time by purchasing a prebaked Angel Food cake at your supermarket's bakery. If you bake your own cake, you need to set aside the time to prepare and bake it. This is a dessert that the children can help with. They can wash strawberries, cup them up, and help assemble the desserts on plates.



Angel Food Cake

4 pounds of fresh strawberries, cleaned and hulled

2 tablespoon sugar or Splenda®

1 quart or 1/2 gallon Vanilla ice cream or Yogurt

Wash the strawberries under running water and pat them dry with a paper towel. Here is a quick and fun way to hull the strawberries. Use a small knife to slice off the green leaves. The hull is a white small core in the center of each strawberry. Then take an ordinary drinking straw and place it at the top of the strawberry and push it down through the center. The cores will get lodged in the straw and when you are done, simply throw away the straw. Cut each strawberry in half and drop them in a large glass or metal mixing bowl.

Using 2 dinner knives, place one in each hand and cross the blades in a downward motion. Slice the berries over and over again using the knife cross blade action until they are diced. Sprinkle with the sugar and stir to blend. Transfer to an airtight container with a lid and refrigerate for 2 hours or overnight before serving. Stir once or twice during the standing time. The sugar will sweeten the berries and help draw out the juices.

Before serving, set out the ice cream/yogurt so that it can thaw slightly.

Slice the angel food cake with a bread knife or a serrated edge knife and put them on dessert plates. Spoon the strawberries and their juice over the cake. Top with a scoop of ice cream/yogurt.

Caroleicious!