

Nasoya Silken Creations Dessert Starter - Vanilla (Vegan, Gluten-Free)

I really don't even know where to begin with this. Ever since I got this stuff I have been running ideas through my head for what to do with it. Essentially, it is pudding. So, there are the usual trifles and pies. I wanted something a little different. I finally decided that I needed to look at it and taste it and then go from there.

Well, at first glance, it was a little weird looking. Then I got a spoon and dug in...words can not say how great the Nasoya Vanilla Silken Creations is! I was totally blown away. It is exactly what it claims to be...a non-dairy starter for smoothies and desserts. Heck, it is more than a starter...it could be the dessert! I looked on their site for ideas and then thought about the things that I have been missing out on since I stopped eating dairy. I am happy with the nutritional breakdown and I knew right away that I could use this product to make healthier versions of some of my long lost loves!

Silken Creations comes in three flavors - vanilla, dark chocolate and strawberry. I have all three flavors, but decided to start with the vanilla...I am just that kind of girl! I don't know about the rest of you, but I am the only one in this house that is dairy free. So, when I get a product, I want to make sure that I can use it all up before it goes bad. I hate throwing food away! Besides, the true test of a dairy free product for me is if I can get my family to enjoy it with me. That way we can eat the same thing! So, I decided to try using the Vanilla Silken Creations in the shortcake "biscuit" dough. I was a little scared because I was going from nothing. I just wanted to see what would happen. Well, let me tell you what happened...this sweet, pillowy, soft roll was born right out of my oven! These are so good that after I finished the shortcake with strawberries and a little Vanilla Silken Creations on the bottom of the plate, I got another roll to clean the plate! Don't judge me! Seriously, I highly recommend this product for eating straight out of the container and in recipes! I can't wait to try the other two flavors!

Nasoya Vegan Vanilla Shortcakes

1 cup white wheat flour
1 cup + 1 TBSP all purpose flour
2 tsp baking powder
1/8 tsp salt
1 cup Nasoya Vanilla Silken Creations

Combine the white wheat flour, 1 cup of the all purpose flour, baking powder and salt and mix it with a whisk. Just for your reference (and mine) I used the spoon and sweep method when measuring the flour. Next, using a rubber spatula, stir in the Nasoya Vanilla Silken Creations. Don't over mix. Stir just until combined.

Cover the bowl and place it in the refrigerator to thoroughly chill. I did this for a couple of hours, but you could do it over night, as well. After chilled, spread a tablespoon of all purpose flour on the counter and lightly press the dough over itself to make the dough easier to handle. You will still see a little flour, but that is ok. Form the dough into a circle and place on a parchment lined baking sheet.

Spray a large knife with cooking spray and then use it to slice the dough into 8 triangles. Separate them just slightly. They will rise and come together when baked. Bake at 425 degrees 15 minutes or until lightly browned on top.

134 calories per shortcake

To make the shortcake, I placed a 1/4 cup of Vanilla Silken Creations on my plate and then placed the shortcake on top with strawberries on the side. Oh it was so good! By the way, did you notice there was no added fat to this recipe? No butter at all and they were so moist on the inside. This is a third party review by Sarena Shasteen of The Non-Dairy Queen. For more information on this product, see the Vita-Soy / Nasoya Website.