



Long Livo

Strawberry Shortcake Pudding Cups

15 min

Prep time

5 min

Cook time

20 min

Total time

6

Servings

Easy

Difficulty

American

Cuisine

Ingredients

Main Components

- ☐ 1 cup fresh strawberries, hulled and chopped
- ☐ 2 tbsp granulated sugar (optional)
- ☐ 1 tsp lemon zest
- ☐ 1 cup shortcake biscuits or vanilla sponge cake, crumbled
- ☐ 2 packets (3½ oz each) instant vanilla pudding mix
- ☐ 2 cups cold milk
- ☐ 1 cup heavy whipping cream, lightly whipped
- ☐ Fresh strawberry slices for garnish

Instructions

- 1 Wash and hull the strawberries, then blend them with sugar and lemon zest until smooth; set aside.
- 2 Prepare the vanilla pudding according to package directions using cold milk; let it firm up for a couple of minutes.
- 3 Fold the lightly whipped cream into the set pudding, creating a light, airy base.
- 4 In each serving cup, layer a spoonful of shortcake crumbs, then a layer of pudding, followed by strawberry puree; repeat until cups are full.
- 5 Top each cup with a fresh strawberry slice and a sprinkle of crumbs; chill for at least 1 hour before serving.

Nutrition per serving

210 kcal

Calories

3 g

Protein

28 g

Carbs

9 g

Fat

Tips & notes

- If the pudding seems too thick, whisk in a splash of cold milk.
- Store the assembled cups covered in the refrigerator; they stay fresh for up to 2 days.
- For added texture, toast the shortcake crumbs lightly before layering.