Blueberry Coffee Cake

Ingredients:

1 egg
2 teaspoons lemon peel, grated
1/2 cup skim milk
1/2 cup yogurt, nonfat vanilla
3 tablespoons canola oil
2 cups whole wheat flour
1/2 cup sugar
4 teaspoons baking powder
1/2 teaspoon salt
1 1/2 cup blueberries, fresh or frozen
2 tablespoons walnuts, coarsely chopped
3 tablespoons sugar
1/4 teaspoon cinnamon

Equipment:

9 inch baking pan
Large bowl
Medium bowl
Whisk
Spatula
Non stick cooking spray

Number of Servings: 8
Prep Time: 30 minutes
Total time: 1 hour

Directions

1. Preheat oven to 400F. Spray a 9 x 9 baking pan with nonstick spray. Crack an egg on a hard surface and pull apart with your fingers. Pour the egg into a glass and check for shells and freshness. If it is OK, add to medium bowl.

2. Using a fine grater, slide a lemon against grater, gradually turning lemon to get the yellow part of peeling until there are two teaspoons of lemon peel. Save lemon for other uses. Add to bowl.

3. Mix milk, yogurt, and oil and to egg and lemon peel. Whisk together until well blended.

4. Measure flour sugar, baking powder and salt in a small bowl. Sift or whisk dry ingredients. Using a fork, stir very lightly into wet ingredients, just until ingredients are combined. Gently fold in the blueberries.

5. Pour the batter into baking pan Place walnuts on a cutting board and chop into small pieces. Add to small bowl. Add sugar and cinnamon. Sprinkle evenly over the cake batter.

6. Bake for 30 to 35 minutes or until the top is lightly browned and a wooden toothpick inserted in the center comes out clean. Allow the cake to cool in the baking pan on a wire rack for at least 10 minutes.

Nutrition Facts

Serving Size 1 slice (150g)
Servings Per Container 8

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>%Daily Value*</th>
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</thead>
<tbody>
<tr>
<td>Calories 270</td>
<td>Calories from Fat 70</td>
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<tr>
<td>Total Fat 8g</td>
<td>12%</td>
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<tr>
<td>Saturated Fat 1g</td>
<td>5%</td>
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<tr>
<td>Cholesterol 30mg</td>
<td>10%</td>
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<tr>
<td>Sodium 400mg</td>
<td>17%</td>
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<tr>
<td>Total Carbohydrate 45g</td>
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<tr>
<td>Dietary Fiber 5g</td>
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<tr>
<td>Sugars 40g</td>
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<td>Protein 7g</td>
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<tr>
<td>Vitamin A 4%</td>
<td>Vitamin C 4%</td>
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<tr>
<td>Calcium 20%</td>
<td>Iron 10%</td>
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* Percent Daily Values are based on a 2,000 calorie diet.

The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA’s Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.