

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.

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Nutrition Facts	
Serving Size 1 slice (150g)	
Servings Per Container 8	
Amount Per Serving	
Calories 270	Calories from Fat 70
%Daily Value*	
Total Fat 8g	12%
Saturated Fat 1g	5%
Cholesterol 30mg	10%
Sodium 400mg	17%
Total Carbohydrate 45g	15%
Dietary Fiber 5g	20%
Sugars 40g	
Protein 7g	
Vitamin A 4%	Vitamin C 4%
Calcium 20%	Iron 10%
Not a significant source of <i>trans</i> fat.	
* Percent Daily Values are based on a 2,000 calorie diet.	

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