

Lo's Blueberry Coffee Cake

Rating: ★★★★★

Makes: 8 servings

Ingredients

1 egg
1/2 cup non-fat milk
1/2 cup yogurt, non-fat vanilla
3 tablespoons canola oil
1/4 teaspoon cinnamon
2 teaspoons lemon peel (grated, yellow only)
2 cups flour
1/2 cup sugar
4 teaspoons baking powder
1/2 teaspoon salt
1 1/2 cups fresh (or frozen unsweetened) blueberries
Topping Ingredients:
3 tablespoons sugar
1/8 cup walnuts (coarsely chopped)

Directions

1. Preheat oven to 400 degrees. Position rack in the center of the oven.
2. In a large bowl whisk together the egg, milk, yogurt, oil and lemon peel.
3. Sift the flour, sugar, baking powder and salt onto the liquid ingredients. Using a fork, stir very lightly, just until ingredients are combined.
4. Gently fold in the blueberries. Pour the batter into an 8- or 9-inch baking pan coated with nonstick spray.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	310	
Total Fat	9 g	
Protein	6 g	
Carbohydrates	54 g	
Dietary Fiber	2 g	
Saturated Fat	1 g	
Sodium	420 mg	

5. In a small bowl combine the topping ingredients. Sprinkle evenly over the cake batter.
6. Bake a 400 degrees for 30 to 35 minutes or until the top is lightly browned and a wooden toothpick inserted in the center comes out clean.
7. Allow the cake to cool in the baking pan on a wire rack for at least 10 minutes.
8. Serve warm or at room temperature.

Notes

When tightly wrapped in plastic wrap, this coffee cake will keep for 3 to 4 days in the refrigerator. It also freezes very well.

California Department of Health Services, California's Chefs Cook LeanCalifornia Project LEAN