

# Lo's Blueberry Coffee Cake

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.
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.

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

Nutrition Facts	
Serving Size (121g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 280</b>	<b>Calories from Fat 60</b>
	% Daily Value*
<b>Total Fat 7g</b>	<b>11%</b>
Saturated Fat 0.5g	3%
Trans Fat 0g	
<b>Cholesterol 20mg</b>	<b>7%</b>
<b>Sodium 370mg</b>	<b>15%</b>
<b>Total Carbohydrate 49g</b>	<b>16%</b>
Dietary Fiber 2g	8%
Sugars 23g	
<b>Protein 5g</b>	
Vitamin A 2%	Vitamin C 6%
Calcium 20%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



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It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

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