

Maine

Blueberry Coffee Cake

Featured Food: Blueberries

Makes: 8 servings

Ingredients

Batter Ingredients

- 1 egg
- ½ cup milk
- ½ cup vanilla yogurt
- 3 tablespoons oil
- 2 teaspoons lemon peel, grated (yellow only)
- ¼ teaspoon cinnamon
- 2 cups all-purpose flour
- ½ cup sugar
- 4 teaspoons baking powder
- ½ teaspoon salt
- 1 ½ cups fresh blueberries (or frozen unsweetened)

Topping Ingredients

- 2 tablespoons sugar
- ¼ cup walnuts, finely chopped

Directions



1. Position an oven rack in the center of the oven; then preheat oven to 400°F.
2. In a large bowl whisk together the egg, milk, yogurt, oil and lemon peel.
3. Sift the cinnamon, flour, sugar, baking powder and salt together. Add the dry ingredients to the liquid ingredients and using a fork, stir very lightly, just until combined.
4. Gently fold in the blueberries. Pour the batter into a greased 8- or 9-inch baking pan.
5. In a small bowl combine the topping ingredients. Sprinkle evenly over the cake batter.
6. Bake for 30-35 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.

Recipe from: *California's Chefs Cook Lean*, Adapted from Lo's Blueberry Coffee Cake, California Department of Health Services, adapted by the USDA Food and Nutrition Administration.

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