

# **BLUEBERRY COFFEE CAKE**

From the King County (Washington) Public Health Department

<http://www.kingcounty.gov/healthservices/health/nutrition/recipes/Desserts/BlueberryCoffeeCake.aspx>

## **Ingredients**

- 1 cup lemon low-fat yogurt
- 3 Tbsp. vegetable oil
- 2 egg whites
- ½ cup sugar
- 1 ½ cup flour
- 1 Tbsp. grated lemon peel
- 2 tsp. baking powder
- ½ tsp. baking soda
- ¼ tsp. salt
- 1 ½ cups fresh or frozen\* blueberries (be sure that any frozen fruit you decide to use be thawed and drained before adding to recipe)

## **Instructions**

1. Heat oven to 375° F. Spray a 9x9x2" square pan with nonfat cooking spray.
2. Beat yogurt, oil, egg whites and sugar in a large bowl. Stir in remaining ingredients except blueberries.
3. Carefully stir in blueberries.
4. Spread all ingredients in pan.
5. Bake about 45 minutes or until cake springs back when touched lightly in center. Cool 10 minutes.

**Makes 8 servings** [Serving Size: 1/8 of recipe (110 g)]

## **Nutritional information per serving (8 servings)**

Calories	227	Dietary Fiber	2 g
Calories from fat	54	Sugars	12g
Total Fat	6g	Protein	6 g
Saturated Fat	1 g	Vitamin A	0%
Cholesterol	1 mg	Calcium	8%
Sodium	192 mg	Iron	10%
Total Carbohydrates	38 g	Vitamin C	4%

Percent daily values based on a 2000 calorie diet.



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