



Blueberry Coffee Cake



Makes: 8 servings

A delicious addition to your breakfast table, or enjoy a slice as an afternoon snack. Fresh berries work well, but if they aren't available or in season, try this recipe with (thawed) frozen berries. Either way, it's sure to please!

Ingredients

- 1 egg
- 1/2 cup fat-free (skim) milk
- 1/2 cup fat-free vanilla yogurt
- 3 tablespoons canola oil (or cooking oil of choice)
- 2 teaspoons lemon peel, grated (yellow only)
- 1/4 teaspoon cinnamon
- 2 cups all purpose flour
- 1/2 cup sugar
- 4 teaspoons baking powder
- 1/2 teaspoon salt
- 1 1/2 cups fresh blueberries (or frozen unsweetened)

Topping Ingredients:

- 3 tablespoons sugar
- 1/8 cup walnuts, coarsely chopped

Directions

1. Wash hands with soap and water.
2. Preheat oven to 400 °F. Position rack in the center of the oven.
3. In a large bowl whisk together the egg, milk, yogurt, oil and lemon peel.
4. Sift the cinnamon, flour, sugar, baking powder and salt onto the liquid ingredients. Using a fork, stir very lightly, just until ingredients are combined.

5. Gently fold in the blueberries. Pour the batter into an 8- or 9-inch baking pan coated with nonstick spray.
6. In a small bowl combine the topping ingredients. Sprinkle evenly over the cake batter.
7. Bake at 400 °F for 30 to 35 minutes or until the top is lightly browned and a wooden toothpick inserted in the center comes out clean.
8. Allow the cake to cool in the baking pan on a wire rack for at least 10 minutes.
9. 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.

Learn more about:

- [Blueberries](#)

Source:

California's Chefs Cook Lean, Adapted from Lo's Blueberry Coffee Cake
California Department of Health Services

Nutrition Information

Serving Size: 1/8 of recipe

Nutrients	Amount
Total Calories	282
Total Fat	7 g
Saturated Fat	1 g
Cholesterol	24 mg
Sodium	415 mg
Carbohydrates	49 g
Dietary Fiber	2 g
Total Sugars	23 g
Added Sugars included	18 g
Protein	6 g
Vitamin D	0 mcg
Calcium	191 mg
Iron	2 mg
Potassium	127 mg

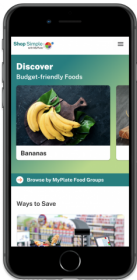
MyPlate Food Groups



-  Fruits 1/4 cups
-  Grains 2 ounces
-  Protein Foods 1/2 ounces

N/A will display when nutrient data is unavailable

Please note: nutrient values are subject to change as data is updated



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