

BLUEBERRY COFFEE CAKE

Makes 8 Servings

INGREDIENTS:

- 1 cup all-purpose flour
- 1/2 cup whole wheat pastry flour
- 2 tablespoons ground flaxseed
- 1/2 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 1 large egg
- 1/2 cup granulated sugar
- 1/4 cup canola oil
- 1/2 cup low-fat vanilla yogurt
- 1/4 cup 1% low-fat milk
- Zest of 1 lemon
- 1 tablespoon lemon juice
- 1 1/4 cups fresh or frozen blueberries

For the Topping

- 1/4 cup old fashioned or quick-cooking oats
- 2 tablespoons brown sugar
- 1 tablespoon ground flaxseed
- 1/2 teaspoon ground cinnamon
- 1 tablespoon expeller pressed canola oil

DIRECTIONS:

1. Preheat the oven to 375°F. Lightly oil or coat a 9-inch round cake pan with nonstick cooking spray and set aside.
2. Whisk together the all-purpose flour, whole wheat flour, flaxseed, baking soda, baking powder, cinnamon, and salt in a large bowl.
3. In a separate bowl, whisk together the egg, sugar, and the canola oil until well blended. Whisk in the yogurt, milk, lemon zest, and lemon juice.
4. Pour the liquid ingredients over the dry ingredients and stir until just combined. Gently stir in the blueberries. Spread the batter evenly in the prepared pan.
5. To make the topping, place the oats, brown sugar, flaxseed, and cinnamon in a small bowl and stir to combine. Add the oil and stir until the oat mixture is well coated. Spread the topping evenly over the batter.

6. Bake about 35 minutes, or until the cake is golden brown and a toothpick inserted in the center comes out clean. (Cover lightly with foil about halfway through if the topping browns too quickly.) Transfer to a wire rack and cool, or serve while still warm.

Tip: If you don't have blueberries, you can use raspberries instead (same amount).

Nutrition Information per Serving (1 slice):

280 calories, 11g fat (1g saturated, 1.3g omega-3), 200mg sodium, 40g carbohydrate, 3g fiber, 5g protein

Coffee cake can have over 350 calories in a single slice and nearly 10 grams of saturated fat. My slimmed down version has just 280 calories and only 1 gram of saturated fat.

Recipe Created by Liz Weiss, MS, RD, Meal Makeover Moms (<http://mealmakeovermoms.com>)

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