



Washington
Farmers Market
Nutrition Program

Blueberry Coffecake

A delicious low-fat, low cholesterol treat!
Makes 8 servings



Ingredients:

1 cup lemon low-fat yogurt
3 tablespoons vegetable oil
2 egg whites
1/2 cup sugar
1 1/2 cup flour
1 tablespoon grated lemon peel
2 teaspoons baking powder
1/2 teaspoon baking soda
1/4 teaspoon salt
1 1/2 cups fresh or frozen*
blueberries

*be sure to thaw and drain frozen fruit
before adding to recipe

Directions:

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 35-40 minutes or until cake springs back when touched lightly in center. Cool 10 minutes.
6. Can be served warm or cool.



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Nutrition Facts	
Serving size: 1/8 of recipe (110g)	
Servings Per Container 8	
Amount Per Serving	
Calories 227	Cal. from Fat 54
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 1g	4%
Cholesterol 1mg	0%
Sodium 192mg	8%
Total Carbohydrate 38g	15%
Dietary Fiber 2g	8%
Sugars 12g	
Protein 6g	
Vitamin A 0%	Vitamin C 4%
Calcium 8%	Iron 10%
* Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

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OPTIONS

- ◆ Instead of blueberries, use raspberries or blackberries.
- ◆ Drizzle lemon glaze over top after baking:
 - 2/3 cup powdered sugar and 3-4 teaspoons fresh lemon juice.
 - Mix sugar and lemon juice until smooth and then Drizzle on cake.

Note: Nutrition Facts do not include optional lemon glaze.

This material funded by USDA's Food Stamp Program; the Farmers Market Nutrition Program; and Washington State University. Washington State University is an equal opportunity provider and employer.

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