

# Lo's Blueberry Coffee Cake

Yield 8 servings

## Ingredients

1	egg
1/2 cup	non-fat milk
1/2 cup	yogurt, non-fat vanilla
3 tablespoons	canola oil
1/4 teaspoon	cinnamon
2 teaspoons	lemon peel (grated, yellow only)
2 cups	flour
1/2 cup	sugar
4 teaspoons	baking powder
1/2 teaspoon	salt
1 1/2 cup	fresh (or frozen unsweetened) blueberries
	Topping Ingredients:
3 tablespoons	sugar
2 tablespoons	walnuts (coarsely chopped)

## Instructions

1. Preheat oven to 400 degrees. Position rack in the center of the oven.
2. In a large bowl whisk together the egg, milk, yogurt, oil and lemon peel.
3. Sift the flour, sugar, baking powder and salt onto the liquid ingredients. Using a fork, stir very lightly, just until ingredients are combined.
4. Gently fold in the blueberries. Pour the batter into an 8- or 9-inch baking pan coated with nonstick spray.
5. In a small bowl combine the topping ingredients. Sprinkle evenly over the cake batter.
6. Bake a 400 degrees for 30 to 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.

## Cost

Per recipe: \$2.35  
Per serving: \$0.29

## Source

California Department of Health Services, [California's Chefs Cook Lean California Project LEAN](#)

## 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.

Nutrition Facts	
Serving Size 1/8 of recipe (129g)	
Servings Per Container 8	
Amount Per Serving	
<b>Calories 310</b>	<b>Calories from Fat 80</b>
<hr/>	
	% Daily Value*
<b>Total Fat 9g</b>	<b>14%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol 25mg</b>	<b>8%</b>
<b>Sodium 420mg</b>	<b>18%</b>
<b>Total Carbohydrate 54g</b>	<b>18%</b>
Dietary Fiber 2g	8%
Sugars 28g	
Protein 6g	
Vitamin A 2%	Vitamin C 6%
Calcium 20%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	