
Blueberry Coffee Cake

The Essential Southern Living Cookbook

Servings: 10

Preparation Time: 20 minutes

Start to Finish Time: 1 hour

1 large egg
1/2 cup fat-free milk
1/2 cup plain fat-free yogurt
3 tablespoons vegetable oil
2 cups all-purpose flour
1/2 cup granulated sugar
4 teaspoons baking powder
1/2 teaspoon table salt
1 1/2 cups frozen blueberries
1 tablespoon all-purpose flour
2 tablespoons turbinado sugar
2 tablespoons sliced almonds
1/4 teaspoon ground cinnamon

Preheat the oven to 400 degrees.

In a large bowl, whisk together the egg, milk, yogurt and vegetable oil.

In another bowl, sift together two cups of flour, the granulated sugar, baking powder and baking soda. Stir the flour mixture into the egg mixture just until the dry ingredients are moistened.

Toss 1-1/4 cup of blueberries in one tablespoon of flour. Fold into the batter. Pour into a lightly greased nine-inch springform pan. Sprinkle with the remaining 1/4 cup of blueberries.

In a bowl, stir together the turbinado sugar, sliced almonds and cinnamon. Sprinkle over the batter.

Bake in the preheated oven until a wooden pick inserted in the center comes out clean, 25 to 30 minutes.

Cool in the pan on a wire rack for 15 minutes. Remove the sides of the pan.

Bread, Muffins

Per Serving (excluding unknown items): 209 Calories; 6g Fat (25.3% calories from fat); 4g Protein; 36g Carbohydrate; 1g Dietary Fiber; 21mg Cholesterol; 319mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Fruit; 1 Fat; 1 Other Carbohydrates.