

Blueberry Buckle

Hands-on - 15 min. Oven - 35 min.

Serves 12

This recipe, amazingly, contains no fat. It's super easy to make and delicious. Don't feel guilty eating it for breakfast either. It's just as nutritious as toast with jam and fruit!

Preheat oven to 375°.

Coat a 9" x 13" baking dish with cooking spray.

2 bags (12 oz each) frozen blueberries, thawed or 2 pints fresh blueberries, washed and drained

3 T sugar

Berry Bottom

Spread blueberries in baking dish (allow frozen berries to thaw partially.) Sprinkle sugar on top.

1/2 cup orange juice

1 cup whole-wheat pastry flour*

1/4 cup sugar

1 tsp baking powder

3 egg whites

1/4 tsp lemon, orange or almond extract (opt)

Cake Topping

Mix together in a medium bowl. Drop 12 equal spoonfuls on top of blueberries in 3 rows of 4.

1 T sugar

Sprinkle sugar over dough. Bake for 35 minutes or until cake is lightly browned.

4 cups fat-free vanilla ice cream

Take out of oven. Serve warm with 1/3 cup scoop of fat-free vanilla ice cream or yogurt. Yummm!

**To learn more about whole-wheat pastry flour see page 340. You can substitute 1/2 cup whole-wheat flour and 1/2 cup all-purpose flour.*

Nutrition information for 1/12 recipe, with 1/3 cup ice cream

Calories	166	Fat	0.5 g	Fiber	3 g	Sodium	77 mg	Total Carbohydrate	36 g
Calories from Fat	3%	Saturated Fat	0 g	Cholesterol	0 mg	Protein	3 g	Sugars	23 g