

## Blueberry Coffee Cake

Yield: 8 servings

### Ingredients:

1¼ cups all-purpose flour, divided  
¼ cup firmly packed light brown sugar  
1 tablespoon unsalted butter  
½ cup wheat germ (or crushed corn flakes)  
peel and juice from ½ an orange  
1 teaspoon ground cinnamon  
¼ cup granulated sugar  
1½ teaspoons baking powder  
½ teaspoon baking soda  
¼ cup crushed bran cereal  
½ cup orange-flavored low-fat yogurt  
¼ cup 1-percent or fat-free (skim) milk  
1 large egg  
3 tablespoons vegetable oil  
1 teaspoon vanilla extract  
1 cup fresh blueberries

### Procedure:

For the topping, fork together 2 tablespoons of the flour, the brown sugar, butter, wheat germ, 1/8 teaspoon of orange peel and the cinnamon. Set aside. Sift together all but 2 tablespoons of the remaining flour, the granulated sugar, baking powder and baking soda. Add bran cereal and remaining orange peel and toss. Beat together the orange juice, yogurt, milk, egg, oil and vanilla. Lightly dust the blueberries with remaining flour. Add yogurt mixture and the blueberries to the dry ingredients. Stir together gently just until blended (don't over mix). Spread batter in a greased 8-inch round pan and scatter topping over top. Bake 40 minutes at 350 F or until a wooden skewer inserted in the center comes out clean. Cool on a wire rack before serving.

about 270  
calories and  
8 grams of fat  
per serving

Cut this cake into 12 pieces and the calorie count drops to 180, along with 5.4 grams of fat.



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