

Blueberry- Lemon Coffeecake

Cake:

- 1 1/2 cups all-purpose flour
- 2 teaspoons baking powder
- 1/4 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 cup sugar
- 1/3 cup almond paste
- 2 tablespoons chilled butter, cut into small pieces
- 1 large egg
- 1 tablespoon lemon juice
- 3/4 cup fat-free milk
- 1 1/2 cups blueberries
- 2 teaspoons grated lemon rind
- Cooking spray



Topping:

- 1/4 cup sugar
- 3 tablespoons sliced almonds, chopped
- 1 1/2 tablespoons butter, melted
- 1/2 teaspoon ground cinnamon

Preheat oven to 350°.

To prepare cake, lightly spoon flour into dry measuring cups, and level with a knife. Combine flour, baking powder, baking soda, and salt in a small bowl, stirring with a whisk.

Place 1/2 cup sugar, almond paste, and 2 tablespoons butter in a large bowl; beat with a mixer at medium speed until well blended. Add egg and lemon juice, beating well. Add flour mixture and fat-free milk alternately to sugar mixture, beginning and ending with flour mixture. Fold in blueberries and rind. Spoon batter into a 9-inch square baking pan coated with cooking spray.

To prepare topping, combine 1/4 cup sugar and remaining ingredients in a small bowl, tossing with a fork until moist. Sprinkle topping evenly over batter. Bake at 350° for 35 minutes or until a wooden pick inserted in center comes out clean. Cool in pan on a wire rack.

Note:

Almond paste is found in the baking section of the grocery store. (Don't substitute marzipan, which is sweeter and has a smoother texture.) If it is hard, soften it by microwaving at HIGH 10 to 15 seconds.

Nutritional Information

Amount per serving

Calories: 196; Fat: 6.5g; Saturated fat: 2.1g; Protein: 3.8g; Carbohydrate: 31.6g
Fiber: 1.4g; Cholesterol: 27mg

Source: *Cooking Light*, June 2005