

# 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!

*\*You can substitute 1/2 cup whole-wheat flour and 1/2 cup all-purpose flour.*

*Whole-wheat pastry flour, sometimes called whole-grain pastry flour, is very nutritious because it is whole-grain flour, yet very light and cakey in texture, similar to that of white flour. It can be used in equal amounts to replace all-purpose flour in any non-yeast recipe. It makes wonderfully light cookies, cakes, muffins and quick breads, and the best part is only you will know that you used "healthy" flour. You may not find it in the standard flour section of your grocery store. It is considered specialty flour and may be found in the health food section among special brands like Arrowhead Mills, Bob's Red Mill or Hodgson Mill. If you do not find it, request it from your grocer. Specialty food stores or co-ops usually carry it.*

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 |