



## Light Blueberry Buckle\*

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prep time:  
15 minutes

cook time:  
15 minutes

makes 12 servings

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### grocery list

**Stonyfield Farm Nonfat Milk**

**Spectrum Canola Oil**

**Organic Valley Egg**

gingerroot

vanilla extract

**Arrowhead Mills Organic Baking Flour**

**Blend with Whole Grain Flour**

raw sugar

aluminum-free baking powder

salt

fresh blueberries

\*Exclusive Chef Faith Alahverdian recipe.

# light blueberry buckle

- 1/2 cup **Stonyfield Farm Nonfat Milk**
- 1/4 cup **Spectrum Canola Oil**
- 1 large **Organic Valley Egg**
- 1 tbsp. peeled and freshly grated gingerroot
- 1/2 tsp. **Simply Organic Vanilla**
- 1 1/2 cups **Arrowhead Mills Organic Baking Flour**

## Blend with Whole Grain Flour

- 1/2 cup raw sugar
- 2 tsp. aluminum-free baking powder
- 1/2 tsp. salt
- 1 cup fresh blueberries

1. Preheat oven to 400°F. In large bowl whisk together milk, oil, egg, ginger and vanilla.
2. Sift flour, 1/2 cup sugar, baking powder and salt together into medium bowl. Add flour mixture into milk mixture and stir just until combined; batter will still be lumpy. Gently fold in blueberries.
3. Pour into 8-inch square baking pan coated with nonstick cooking spray. Bake 15 to 20 minutes or until golden brown. Cool in pan. Slice and serve with fresh blueberries.

Per Serving: 156 calories, 26g carbohydrate, 3g protein, 5g fat, 0g saturated fat, 1g fiber, 18mg cholesterol, 158mg sodium

## cook's journal

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## kitchen tools

- measuring utensils
- microplane grater
- large bowl
- whisk
- flour sifter
- medium bowl
- wooden spoon
- 8-inch square baking pan

## recipe note

Ripe blueberries are a wonderful natural source of antioxidants.

## a good idea

Feel free to substitute other fresh summer berries, also rich in nutrients, into this simple and quick recipe.

