

Jenny's Blueberry Coffee Cake

This cake is just a little sweet and so moist and light, it's easy to eat more than one piece. If you eat two, don't fret. You'll be getting more anti-aging blueberries with every bite. Make this unbelievably good cake when blueberries are in full season. (& affordable!)

Streusel Topping:

1/2 cup finely chopped walnuts (preferably toasted)
2 Tablespoons brown sugar
1 1/2 Tablespoons flour
1/2 teaspoon cinnamon
1 Tablespoon softened butter

Cake:

3/4 cup all-purpose flour
3/4 cup whole grain pastry flour
1/2 cup + 1 Tablespoon sugar
2 teaspoons baking powder
1/2 teaspoon baking soda
1/8 teaspoon salt

1 cup low fat buttermilk
1/4 cup canola oil (preferably expeller-pressed, organic) or extra light olive oil
1 egg
1/2 teaspoon vanilla

1 cup fresh blueberries

1. Preheat oven to 350°.
2. Grease a 9-inch round cake pan.
3. In a small bowl combine streusel ingredients using your fingers.
4. In a large bowl sift together dry ingredients.
5. In another bowl, combine buttermilk, oil, egg, and vanilla.
6. Gently stir buttermilk mixture into flour mixture. Lumpy is good.
7. Layer into pan this way:
 - 1/2 the batter
 - 1/2 the streusel
 - all the berries
 - 1/2 the batter
 - 1/2 the streusel
8. Bake for 30-35 minutes. It's best served warm.