

Jenny's Lemon Blueberry Bundt Cake

Bundt cakes make a dramatic presentation and this one tastes as good as it looks. Blueberries and lemon go great together and this cake is moist and delicious... perfect with a cup of tea. You can glaze it like I did or just sift a little powdered sugar on top. Blueberries protect your bones, brain & eyes, and even promote glowing skin.

3 cups all purpose flour
2 teaspoons baking powder
1 teaspoon baking soda
1/4 teaspoon salt

1 cup low fat buttermilk
1/4 cup fresh lemon juice (1 lemon)
1 teaspoon vanilla

1/3 cup butter, softened
1/4 cup oil (I use organic, expeller-pressed canola)
1 1/3 cups sugar
3 eggs
zest of 3 lemons

1 heaping cup blueberries, washed & patted dry

1. Preheat oven to 350°. Grease a 10-inch bundt pan and shake about 2 tablespoons of sugar around the inside. Tap out any excess sugar.
2. Sift flour, baking powder, baking soda and salt into a bowl, or onto wax paper. Set aside.
3. Combine buttermilk, lemon juice and vanilla in a measuring cup. Set aside.
4. In a large bowl with an electric mixer on medium, beat butter and oil for one minute. Slowly add sugar, then eggs one at a time. Continue beating for 5 minutes. Stir in lemon zest.
5. With mixer on lowest speed alternate adding dry and liquid ingredients, starting and ending with dry.
6. Using a spatula, gently fold in the blueberries. Spoon batter into the bundt pan. Bake for one hour.
7. Cool in pan for 10 minutes, then invert onto wire rack. Cool for 15 minutes, then top with glaze.

For the Glaze:

1 cup powdered sugar
1 - 3 teaspoons lemon juice

Gradually add just enough juice to powdered sugar for a thick glaze.