

Blueberry Buckle

1 c whole wheat flour
1 c all purpose flour
1 c unsweetened applesauce
1/2 c skim milk
1 egg
2 tsp. baking powder
1/2 tsp. salt
1/2 tsp nutmeg
1 c fresh or frozen blueberries

Streusel Topping:

1/4 c sugar
1/3 c whole wheat flour
1/2 tsp. cinnamon
1/2 tsp. nutmeg
1/4 c butter, margarine, Smart Balance, softened.

Heat oven to 375. In large mixer bowl combine all blueberry buckle ingredients except blueberries. Beat at low speed, scraping bowl often, until well mixed. By hand fold in blueberries. Spread into greased and floured 9" square pan. In small bowl stir together all streusel ingredients except Smart Balance. Cut in Smart Balance until crumbly: sprinkle over batter. Bake for 30 to 35 minutes or until center comes clean.

Blueberries with Lemon Cream

Make 4 servings
4 oz. reduced-fat cream cheese
1/4 c low-fat vanilla yogurt
1 tsp honey
2 tsp. freshly grated lemon zest
2 c fresh blueberries

Using a fork, break up cream cheese in a medium bowl. Drain off any liquid from the yogurt; add yogurt to the bowl along with honey. Using an electric mixer, beat at high speed until light and creamy. Stir in lemon zest. Layer the lemon cream and blueberries in dessert dishes or wine glasses. If not serving immediately, cover and refrigerate for up to 8 hours.