



WESTERN WISCONSIN HEALTH

BLUEBERRY BUCKLE

2-12 oz. bags frozen blueberries, thawed (or 2 pts. fresh blueberries, washed and drained)
3 T. sugar

CAKE TOPPING:

1/2 C. orange juice
1 C. whole wheat pastry flour (or 1/2 C. whole wheat flour and 1/2 C. all-purpose flour)
1/2 C. sugar
1 tsp. baking powder
3 egg whites
1/4 tsp. sugar

Nutrition Facts

Serving Size (138g)
Servings Per Container

Amount Per Serving

Calories 180 **Calories from Fat 5**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 20mg **1%**

Total Carbohydrate 43g **14%**

Dietary Fiber 3g **12%**

Sugars 35g

Protein 3g

Vitamin A 2% • Vitamin C 15%

Calcium 4% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Spread thawed blueberries in baking dish and sprinkle 3 tablespoons of sugar on top. For the cake topping, mix orange juice, whole wheat flour, sugar, baking powder and egg whites. Drop 8 equal spoonfuls on top of blueberries in two rows of four. Sprinkle 1 tablespoon of sugar over and bake for 35 minutes or until cake is lightly browned. Take out of oven and serve warm.

NUTRITION FACTS: Serving size: 3x4 inch square per serving, 8-9 servings