

Blueberry Breakfast Cake

READY IN



50 min.

SERVINGS



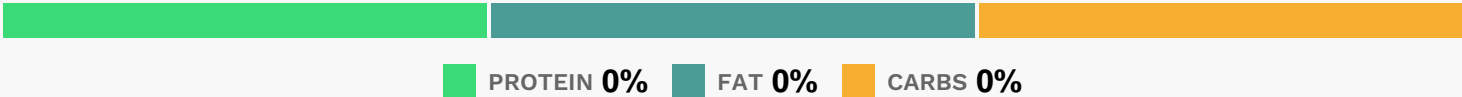
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Directions

- Put the oats into a blender and grind until they are fine. Stir a couple of times to make sure that they're uniformly ground.
- Mix the oat flour with the other dry ingredients. Stir in 1/4 cup of the blueberries.
- Put the remaining cup blueberries into a blender or food processor with the water. Pulse (quickly turn on and off) to coarsely chop the blueberries, but do not completely puree. Make a well in the center of the dry ingredients and pour in blueberry mixture and other wet ingredients. Stir until moistened and completely combined, but don't over-mix.
- Pour into the prepared pan (batter will be thick).
- Mix together the sugar and cinnamon topping, and sprinkle it over the top.
- Bake for 25–35 minutes, until a toothpick inserted in the middle comes out clean. Allow to cool for at least 15 minutes. Eat and celebrate! For a slightly lighter cake, add one tablespoon

canola oil with the wet ingredients. This adds 14 calories and 1.5 grams of fat per serving.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:0, Nutrition Score:0%

Nutrients (% of daily need)

Calories: 0 (0%), Fat: 0 (0%), Saturated Fat: 0 (0%), Carbohydrates: 0 (0%), Net Carbohydrates: 0 (0%), Sugar: 0 (0%), Cholesterol: 0 (0%), Sodium: 0 (0%), Alcohol %: 0% (100%), Protein: 0 (0%)