

Trim & Tangy Blueberry Pound Cake

Makes 10 servings

INGREDIENTS

3 egg whites
1/3 cup sugar
1/2 teaspoon baking soda
1/2 cup apple sauce (in jar)
2 tablespoons fresh lemon juice
1 teaspoon lemon rind finely grated
1 teaspoon vanilla extract
1 x 6oz tub no-fat natural yogurt
2 cups self-rising flour
1 x 425g can blueberries in light syrup drained
cooking spray
2 teaspoons confectioner's sugar (optional)



Preheat oven 350°F (180°C) fan forced.

In a large mixing bowl beat egg whites and sugar for one minute using an electric beater. Stir baking soda into apple sauce (it will froth), add to bowl. Pour lemon juice, rind, extract and yogurt into mixture and combine well. Gently fold flour into mixture in one go, treat as a sponge, **DO NOT BEAT** as this will make the cake tough (mixture can look a little lumpy). Gently fold in well-drained blueberries.

Pour mixture into an 8 inch cake pan that has been coated with cooking spray. Bake 35-40 minutes or until firm to touch in centre. Allow cake to sit in pan 5 minutes before turning onto a wire rack to cool. Using a sifter sprinkle confectioner's sugar over top of cake once cooled.

Nutritional Information

PER SERVE

FAT	TOTAL	0.6g
	SATURATED	0.2g
FIBER		1.8g
PROTEIN		3.9g
CARBS		28.2g
SUGAR		11.5g
SODIUM		208mg
CALORIES		134
GI RATING		Medium