

Blueberry-Almond Cake



PREPARATION TIME: 15 minutes

MAKES: 12 servings.

BAKE TIME: 20-25 minutes

This recipe may be doubled if needed.

INGREDIENT	MEASUREMENT	METRIC
CAKE		
all-purpose flour	1-1/2 cups	187 grams
SPLENDA® No Calorie Sweetener Granular	1 cup	24 grams
baking powder	1-1/2 teaspoons	6 grams
baking soda	1/2 teaspoon	2.3 grams
salt	1/4 teaspoon	1.5 grams
light butter, melted	1/2 cup	112 grams
low-fat buttermilk	1/4 cup	61 grams
large egg	1 egg	50 grams
almond extract	1/4 teaspoon	1 gram
fresh blueberries or frozen blueberries, unthawed	2 cups	290 grams
TOPPING		
SPLENDA® No Calorie Sweetener Granular	1/2 cup	12 grams
reduced-fat sour cream	3/4 cup	180 grams
large egg	1 egg	50 grams
sliced almonds	1/4 cup	24 grams

PREHEAT oven to 350°F.

COAT a 9-inch round cake pan with cooking spray; set aside.

CAKE

COMBINE flour, SPLENDA® Granular, baking powder, baking soda, and salt in a medium bowl. Whisk together butter, buttermilk, egg, and almond extract; add to flour mixture and stir until blended. Spread batter into prepared pan; sprinkle with blueberries.

TOPPING

WHISK together SPLENDA® Granular, sour cream, and egg in a medium bowl. Spoon topping over blueberries; sprinkle with almonds.

BAKE 20 to 25 minutes or until berries around edge of pan are bubbling (center will remain soft). Cool cake in pan on a wire rack.

NUTRITION INFORMATION PER SERVING

Serving Size: 1/12 recipe

Calories	160	Sodium	220mg
Calories from Fat	70	Total Carbohydrate	20g
Total Fat	8g	Dietary Fiber	1g
Saturated Fat	4g	Sugars	3g
Cholesterol	55mg	Protein	5g

This recipe, when compared to a traditional recipe, has a 37% reduction in calories, a 53% reduction in carbohydrates, and a 90% reduction in sugars!

DIETARY EXCHANGES

1-1/2 Starches
1 Fat

