

# Blueberry Breakfast Cake

## INGREDIENTS:

1 1/3 c. all-purpose flour  
3/4 c. quick-cooking oats  
1/3 c. sugar  
2 tsp. baking powder  
1/4 tsp. salt  
3/4 c. milk  
1/4 c. vegetable oil  
1 egg  
1 c. frozen blueberries

## DIRECTIONS:

Preheat oven to 400 F. Spray an 8-inch round or square baking pan. Set aside. In a mixing bowl, combine flour, oats, sugar, baking powder and salt. In separate container, mix together milk, oil and egg. Pour all at once into the flour mixture. Stir until moistened; batter will be lumpy. Fold in frozen blueberries. Spoon batter into prepared pan. Bake until cake is golden and pulls away from sides of pan, 20 to 25 minutes. Cool on a rack five to 10 minutes. Serve warm.

## NUTRITION:

Makes eight servings. Each serving has 220 calories, 8 grams (g) fat, 5 g protein, 32 g carbohydrate, 1 g fiber and 210 milligrams sodium.