

Lighten Up Your Desserts For Spring



This delicious swirl cake is a light way to enjoy the spring sensation of blueberries.

(NAPSA)—Americans eat over 80 million pounds of wild blueberries every year because they are delicious, healthful, and rich in antioxidants. To many, the tastiest variety is the wild Maine blueberry, a tender morsel that is sweet and very flavorful.

Cakes are a favorite way to enjoy wild blueberries, from coffee cakes to “anytime” snack cakes to dessert cakes. Lemon Blueberry Swirl Cake has 50 percent less fat compared to the same cake made with Krusteaz Blueberry Muffin Mix and regular cream cheese so you can enjoy it whenever you crave sweet blueberries.

Lemon Blueberry Swirl Cake

- 1 package (17.5 oz.) Krusteaz Fat Free Blueberry Muffin Mix (1 pouch muffin mix and 1 can blueberries)**
- 1 cup water**
- 1 cup (8 oz.) lite cream cheese or Neufchatel, softened**
- ¼ cup sugar**
- 1 egg**
- 1 teaspoon lemon zest**

Lemon Glaze:

- 1½ cups powdered sugar, sifted**

2 tablespoons lemon juice

Preheat oven to 375°F. In medium bowl, combine muffin mix and water. Drain and rinse blueberries. Gently fold into batter. Spoon batter into a lightly greased 9-inch cake pan or 13x9x2-inch pan. Set aside. Place cream cheese, sugar, egg and lemon zest in separate bowl. Mix on low speed of electric mixer until smooth. Drop spoonfuls of cream cheese mixture evenly over batter. Swirl with a knife for marbled effect. Bake 9-inch pan 38-42 minutes or 13x9x2-inch pan 25-30 minutes. Cool 20 minutes. Remove from pan and cool completely on wire rack. Drizzle with lemon glaze.

For Glaze: Combine powdered sugar and lemon juice until smooth. Drizzle over cooled cake. Makes 12 servings.

Nutrients per serving (½ of glazed cake): Calories 250, Total Fat 5g, Sat. Fat 3g, Cholesterol 30mg, Sodium 360mg, Total Carb. 48g, Dietary Fiber 1g, Protein 4g.

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