



# WESTERN WISCONSIN HEALTH

## **BLUEBERRY CINNAMON STREUSEL COFFEECAKE** **(GLUTEN FREE)**

### STREUSEL:

- 1/3 C. gluten-free Bisquick
- 1/2 C. brown sugar
- 3/4 tsp. cinnamon
- 1/4 C. softened butter

Mix first four ingredients together until well blended.

### CAKE (remaining 8 ingredients):

- 1 3/4 C. gluten-free Bisquick
- 3 T. sugar
- 2/3 C. milk
- 1 1/2 tsp. vanilla
- 3 eggs
- 2 T. sour cream (or 2 T. milk with 1/2 tsp. vinegar in milk - let stand a minute or two until curdled)
- 1 T. canola oil
- 1 C. frozen or fresh blueberries, well drained

Stir cake ingredients together, except the blueberries. Place half of the cake mixture in 9" greased round pan (or 8" square pan). Place blueberries on cake mixture and cover with second half of the cake mixture. Sprinkle cake mixture with the streusel topping. Bake for 35 minutes. Once completely cooled, cover tightly, as gluten-free baked goods become a bit gritty if they do not have oil or sour cream added to them.

NUTRITION FACTS: Serving size: 3X2 inch piece, 12 servings

## **Nutrition Facts**

Serving Size (81g)  
Servings Per Container

Amount Per Serving

**Calories 200**      **Calories from Fat 70**

% Daily Value\*

**Total Fat 8g**      **12%**

    Saturated Fat 3g      **15%**

    Trans Fat 0g

**Cholesterol 60mg**      **20%**

**Sodium 260mg**      **11%**

**Total Carbohydrate 29g**      **10%**

    Dietary Fiber 1g      **4%**

    Sugars 16g

**Protein 4g**

Vitamin A 6%      • Vitamin C 2%

Calcium 15%      • Iron 6%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4