Blueberry Cream Cheese Pound Cake

1 (8 ounce) package fat free cream cheese
½ cup canola oil
1 (18 ounce) package yellow butter cake mix

1 (5 ounce) package instant vanilla pudding mix
2 large egg whites
2 large eggs
2 teaspoons vanilla extract
2 cups fresh blueberries

1. Preheat oven to 325º F.
2. Lightly spray Bundt pan with nonstick cooking spray and dust with flour.
3. Combine cream cheese and oil in a medium bowl; beat with mixer at high speed until smooth and creamy.
4. Add cake mix, pudding mix, egg whites, eggs, and vanilla extract. Beat at medium speed until blended.
5. Fold in berries.
6. Spoon batter into prepared pan.
7. Bake 60 minutes or until wooden toothpick inserted in center comes out clean.
8. Cool cake in pan for 20 minutes. Remove from pan and cool completely.

Yield: 16 slices.

Nutrition Analysis: 260 calories; 10g fat; 1.5g saturated fat; 0g trans fat; 30 mg cholesterol; 390mg sodium; 38g carbohydrate; 1g fiber; 23g sugar; 4g protein.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers’ market, or roadside stand.

Kentucky Blueberries

SEASON: Mid-June through July

NUTRITION FACTS: One half cup of blueberries has 40 calories and provides 22 percent of the Daily Value of fiber. Blueberries are rich in vitamin C and do not contain any fat or sodium.

SELECTION: Blueberries should be plump and firm and have a deep blue-black skin. They should also have a silvery sheen, which is referred to as bloom.

STORAGE: Cover and refrigerate blueberries for up to 14 days. Wash them just before using.

PREPARATION: Blueberries can be served fresh or used in cooking. Cooking blueberries in batter may cause their color to turn greenish-blue, but change in color does not affect flavor.

Freezing: Place blueberries, unwashed and completely dry in a single layer on a cookie sheet in the freezer. Once the berries are frozen, transfer them to plastic freezer bags or freezer containers.

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