



# Blackberry Lemon Upside Down Cake

<b>2 teaspoons</b> melted butter	<b>1¼ cup</b> all-purpose flour	<b>1</b> large egg
<b>½ cup</b> brown sugar	<b>1½ teaspoons</b> baking powder	<b>¾ teaspoon</b> vanilla extract
<b>1½ teaspoons</b> grated lemon peel	<b>¼ teaspoon</b> salt	<b>1 teaspoon</b> lemon juice
<b>2 cups</b> fresh blackberries	<b>⅔ cup</b> sugar	<b>½ cup</b> skim milk
	<b>2 tablespoons</b> butter	

**Preheat** oven to 350°F.

**Place** melted butter in the bottom of a 9-inch round cake pan.

**Sprinkle** with brown sugar and lemon rind.

**Top** with berries. Set aside.

**Combine** flour, baking powder and salt in a small bowl. Set dry ingredients aside.

**Beat** sugar and butter together in a large bowl with a mixer on medium speed until well blended.

**Add** egg, vanilla, and lemon juice. Mix well.

**Add** dry ingredients to egg mixture alternately with milk, beginning with milk and ending with flour. Mix after each addition.

**Spoon** the batter over the blackberries.

**Bake** at 350 degrees for 40 minutes.

**Cool** cake for 5 minutes on a wire rack. **Loosen** edges of the cake with a knife and place a plate upside down on top of cake; **invert** onto plate.

**Serve** warm.

**Yield:** 8, 3 inch wedges.

**Nutritional Analysis:** 230 calories, 5 g fat, 35 mg cholesterol, 220 mg sodium, 45 g carbohydrate, 2 g fiber, 4 g protein.

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



## Kentucky Blackberries

**SEASON:** June to September

**NUTRITION FACTS:** A one-half cup serving of raw berries contains 35 calories, has zero fat, and is a good source of potassium, vitamin C, and fiber.

**SELECTION:** Look for plump fruit that is uniform in color and appears fresh. Berries should be free of stems or leaves. Avoid fruit that is moldy, crushed, bruised, or contains extra moisture.

**STORAGE:** Store unwashed and covered berries in the refrigerator. Use within two days.

**PREPARATION:** Handle all berries gently. Wash berries by covering them with water and gently lifting the berries out. Remove any stems and drain on a single layer of paper

**Source:** [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

towels. Blackberries are delicious cooked, which intensifies the flavor, or eaten fresh as a snack or in a salad.

**PRESERVING:** Berries may be preserved by canning or freezing, or made into jellies or jam. For more information, contact your local County Extension Office.

### BLACKBERRIES

**Kentucky Proud Project**  
County Extension Agents for Family and Consumer Sciences  
University of Kentucky, Nutrition and Food Science students  
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