



## Blueberry Cream Cheese Pound Cake

<b>1 (8 ounce)</b> package fat free cream cheese	<b>1 (5 ounce)</b> package instant vanilla pudding mix	<b>2 teaspoons</b> vanilla extract
<b>½ cup</b> canola oil	<b>2 large</b> egg whites	<b>2 cups</b> fresh blueberries
<b>1 (18 ounce)</b> package yellow butter cake mix	<b>2 large</b> eggs	

- 1. Preheat** oven to 325° 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.

### BLUEBERRY

#### Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences

University of Kentucky, Nutrition and Food Science students

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