



# Recipe of the Month

## BLUEBERRY CREAM CHEESE POUND CAKE

### Blueberries

Berries have origins in both Europe and the United States.

Wild blueberries are smaller in size compared to their cultivated cousins.

Blueberries have a protective light powdery coating on the skins and tend to last longer than other berry varieties.

Blueberries are one of the few fruit crops that are native to North America. North America is the world's leading blueberry producer, accounting for nearly 90 percent of current world production.

Blueberries are a great source of antioxidants and have only 40 calories per one-half cup serving. According to the USDA database of the antioxidant activity of selected foods, blueberries rank among the highest on a per serving basis.

To get the maximum benefit from the antioxidants in blueberries, consume ½ cup per day.

Select firm, dry, plump and smooth-skinned blueberries. Berries should be deep purple-blue to blue-black.

### Presentation Plan

#### Grocery list:

Fat free cream cheese, yellow butter cake mix, instant vanilla pudding mix, vanilla extract, canola oil, large eggs, fresh blueberries, cooking spray, flour

#### Equipment needs:

Bundt pan, medium bowl, mixer, mixing spatula, wooden spoon, measuring cups, measuring spoons, egg separator

#### Display preparation:

- Cover display table with bright cloth or placemats for two display areas – commodities/ingredients, and “plate it up” meal.
- Display blueberries in basket.
- Arrange recipe ingredients in clear, glass display bowls.
- Place colorful plate on charger.
- Have plates and utensils available for sampling.

#### Demonstration steps:

1. Discuss focus commodity and talking points.
2. Prepare recipe, discussing function of ingredients.
3. Put finished product on plate. Discuss menu options to “plate it up”.
4. Serve samples to participants.

## 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

**Directions:** Preheat oven to 325° F.

**Lightly** spray Bundt pan with nonstick cooking spray and dust with flour.

**Combine** cream cheese and oil in a medium bowl; beat with mixer at high speed until smooth and creamy.

**Add** cake mix, pudding mix, egg whites, eggs, and vanilla extract. Beat at medium speed until blended.

**Fold** in berries.

**Spoon** batter into prepared pan.

**Bake** 60 minutes or until wooden toothpick inserted in center comes out clean.

**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.

**Source:** [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov), [www.usda.gov](http://www.usda.gov), [www.eXtension.org](http://www.eXtension.org)

For more delicious recipes and information using “Kentucky Proud” fruits and vegetables, contact your local Cooperative Extension Service or visit: [www.kentuckyproud.com](http://www.kentuckyproud.com).

May 2011

### Kentucky Proud Project

Pam York, Russell County Extension Agent for Family and Consumer Sciences

County Extension Agents for Family and Consumer Sciences

University of Kentucky, Nutrition and Food Science students