



NUTRITION CONSULTING INC.

Berry Bundt Cake

This is a yummy dense cake that is loaded with healthy antioxidant rich berries.

Makes 12 servings

What you need:

- 1 cup flour
- 1 cup whole wheat flour
- 1 tbsp baking powder
- 1 tsp baking soda
- 1/4 tsp salt
- 1 cup sugar
- 1/4 cup canola oil
- 3/4 cup buttermilk
- 3 eggs
- 2 cups frozen unsweetened raspberries
- 2 cups frozen unsweetened blueberries



How you prepare:

Combine sugar, oil, buttermilk and eggs and mix well. Add dry ingredients and mix just until moistened. Fold in raspberries and blueberries. Pour batter into a sprayed bundt pan. Bake at 350 degrees F for about 1 hour.

Optional: Glaze cake with 1 cup icing sugar thinned with 2 tbsp of water.

Per serving:

(Without glaze)

Calories 226

Carbohydrates 39 g

Protein 5 g

Fat 6 g

Dietary Fiber 3 g

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