

Blueberry Cream Cheese Buckle

Good, home-made crumb cake!

Ingredients

¾ cup soy flour
¾ cup bulk sugar substitute (separated)
2 tsp baking powder
3 large eggs
½ cup soy or almond milk
1 ½ tsp vanilla extract
1/3 cup water
½ cup fresh blueberries
8 ounces light cream cheese
3 Tbls butter
½ cup almond flour
½ tsp cinnamon



Directions

1. Preheat oven to 375 degrees. Move rack to center position. Spray 8 inch cake or quiche dish with cooking spray.
2. In large bowl, combine soy flour, ½ cup sugar substitute and baking powder. Whisk in 2 eggs, soy milk, vanilla & 1/3 cup water until completely mixed.
3. Fold ¼ cup blueberries into the batter and then pour batter into the pan or dish, spreading evenly.
4. In medium bowl, combine cream cheese and remaining egg, mixing well. Pour over batter and spread evenly. Top with remaining blueberries.
5. In another bowl, combine butter, almond flour, cinnamon and remaining ¼ cup sugar substitute to create the crumb topping. Crumble over top all in the dish.
6. Bake for 35 minutes or until toothpick inserted into the cake comes out clean. Let cool 10 minutes before slicing.

Makes 8 servings

Nutrition Facts:

Calories 210
Total Fat 15g
Effective Carbohydrates 7g
Dietary Fiber 2g
Protein 11g

From The Good Carb Chef