

Healthy Mixed Berry Coffee Cake



Ingredients

- 1 cup all purpose flour
- 1 cup whole wheat flour
- 1 tsp. baking soda
- 4 egg whites
- 1 ½ Tbsp. sugar
- 5 packets of sugar substitute
- 1 ½ Tbsp. canola oil
- 1 Tbsp. butter
- 1 Tbsp. natural applesauce
- 1 ½ cup frozen mixed berries
- ⅓ cup brown sugar
- ½ cup chopped walnuts
- ½ tsp. salt
- ½ tsp. ground cinnamon
- 1 cup plain non-fat Greek yogurt

Directions:

1. Mix together flour, baking soda and salt. In a separate bowl, combine the sugar, cinnamon and walnuts. Set aside.
2. In a third bowl beat brown sugar, butter, oil and applesauce until the mixture is fluffy. Add the egg whites two at a time until fully mixed, then add vanilla and yogurt.
3. Add the flour in two batches, until evenly combined.
4. Spray an 8-inch square pan with cooking spray. Spread half the batter into pan. Sprinkle nut mixture over batter.
5. Evenly add the mixed berries to the top.
6. Repeat steps 4 and 5.
7. Bake at 300 degrees for 40 minutes.
8. Allow pan to cool and enjoy!

*Yield 12 servings, serving size: 1 serving. Calories: 160.
Fat: 4.4 g. Cholesterol: 2.5 mg. Sodium 133 g. Carbohydrates: 27 g.
Fiber: 2.3 g. Sugar: 9.8 g. Protein: 5.8 g.*

**These facts may vary based on size, amount, and brand use. This information is only a guide.*