

Overnight Blueberry and Multigrain Coffee Cake

Easter Sunday Country Style | March 2008



The best part of this breakfast cake is that you can make the cake and topping the night before—then put it all together and bake the next morning.

PREP: 35 MINUTES CHILL: OVERNIGHT STAND: 15 MINUTES BAKE: 65 MINUTES COOL: 45 MINUTES
OVEN: 350°

- 2 CUPS ALL-PURPOSE FLOUR, DIVIDED
- 1/2 CUP SPELT FLOUR* OR WHOLE-WHEAT FLOUR
- 2 TSP. BAKING POWDER
- 1/2 TSP. BAKING SODA
- 1/2-1 TSP. GROUND NUTMEG OR CINNAMON
- 1/2 TSP. SALT
- 3/4 CUP BUTTER, SOFTENED
- 1 CUP GRANULATED SUGAR
- 2 EGGS
- 1 8-OZ. CARTON DAIRY SOUR CREAM (NOT REDUCED-FAT)
- 1 TSP. FINELY SHREDDED LEMON PEEL
- 1 3/4 CUPS FRESH OR FROZEN BLUEBERRIES
- 1/2 CUP PACKED BROWN SUGAR
- 1 TSP. GROUND CINNAMON
- 1/2 CUP COARSELY CHOPPED SLIVERED ALMONDS
- 3 TBSP. BUTTER

Grease and flour a 9-inch springform pan; set aside. In a medium bowl combine 1 1/2 cups all-purpose flour, the spelt flour or whole wheat flour, baking powder, baking soda, nutmeg, and salt; set aside.

In a large bowl beat 3/4 cup butter with an electric mixer on medium to high speed for 30 seconds. Add granulated sugar; beat well. Add eggs and sour cream; beat until combined. Add flour mixture; beat on low speed just until combined. Stir in lemon peel and 1 cup of the blueberries. Batter will be thick. Spread batter into prepared pan. Cover and refrigerate overnight.** For topping, stir together remaining 1/2 cup all purpose flour, brown sugar, cinnamon, and nuts. Cut in 3 tablespoons butter until mixture resembles coarse crumbs. Place in a covered container and chill overnight.

About 15 minutes before baking, remove cake and topping from refrigerator. Sprinkle cake with remaining blueberries. Sprinkle with topping. Bake, uncovered, in a 350° oven for 65 minutes or until toothpick inserted near the center comes out clean. Cool in pan on a wire rack for 15 minutes. Remove sides of pan. Cool for 30 minutes more. Serve warm. Makes 12 servings.

*NOTE: Spelt flour is known as a healthy grain (especially for its high protein and fiber content). It has a slightly nutty flavor. Look for this flour in health-food markets, and try using it in place of whole-wheat flour or in place of some of the all-purpose flour in recipes.

**NOTE: You can bake this cake right away without refrigerating overnight. Add the topping and remaining blueberries, then bake as directed.

Per serving: 411 cal., 22 g fat (12 g sat. fat), 82 mg chol., 338 mg sodium, 50 g carbo., 2 g fiber, 4 g pro.