



Blackberry Coffee Cake

shared by:

TVF&R's North Operating Center
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Berries were plentiful this summer! If you have blackberries, blueberries, or raspberries in your freezer, pull some out and try them in this moist coffee cake. Coffee is a staple in every fire station and this cake makes for an occasional treat without the guilt. In this recipe, we replaced the oil with applesauce, part of the all-purpose flour with whole wheat, and whole buttermilk with low-fat.

Ingredients

1 1/2 cups all-purpose flour
1 cup whole wheat flour
1 cup packed brown sugar (or equivalent sugar substitute)
2 teaspoons baking powder
1/2 teaspoon baking soda
1 egg
1 cup low-fat buttermilk
2/3 cup unsweetened applesauce
2 teaspoons vanilla extract
2 cups blackberries, fresh or frozen
Pinch of salt

Directions

In a large bowl, combine the first six ingredients. In a small bowl combine the egg, buttermilk, applesauce, and vanilla. Stir into dry ingredients until just moistened. Gently fold in the blackberries. Pour into a 13" x 9" rectangular baking pan that is coated with non-stick cooking spray. Bake at 375 degrees for approximately 35 minutes or until a toothpick inserted into the center of the cake comes out clean. Cool completely. Serves 20.

This center manages the emergency operations for TVF&R's north fire stations and the community services, education, prevention, and preparedness programs for the area served by these stations. The facility is home to the District's Fleet Services, which maintains emergency apparatus for TVF&R, and is also used for firefighter training.