

# Blueberry Upside-Down Corn Cake



*This simple cake strikes the perfect balance of sweetness while celebrating fresh, seasonal fruit!*

<b>YIELD</b> <b>6 SERVINGS</b>	<b>PREP TIME</b> <b>10 MIN</b>	<b>TOTAL TIME</b> <b>45 MIN</b>
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## INGREDIENTS

*For the Cake Batter:*

½ cup	Flour, all-purpose
½ cup	Cornmeal
2 tsp	Baking Powder
¼ tsp	Salt
1 large	Egg
1/3 cup	Milk, 1%
¼ cup	Water
2 Tbsp	Canola or Vegetable Oil
1/4 cup	Granulated Sugar

*For the Fruit:*

1 ½ Tbsp	Butter, unsalted
2 Tbsp	Brown Sugar, light or dark
1 tsp	Water
1 cup	Blueberries, fresh

## CHEF'S NOTES

This recipe can be made with any fresh, ripe fruit you have on hand – peaches, pineapple, and strawberries are also great options.

This recipe also works well in a greased loaf pan or muffin tin, if you don't have a 6-inch skillet. Simply transfer your cooked berry mixture to the pan before the cake batter, then bake as directed.

## DIRECTIONS

1. Gather all necessary equipment and ingredients. Preheat oven to 350°F.
2. Make the batter: Combine the flour, cornmeal, baking powder and salt in a medium bowl and whisk to mix thoroughly. In a separate bowl, whisk the egg, milk, water, oil, and sugar together. Mix the wet ingredients into the cornmeal mixture using a spatula or wooden spoon, stirring until well mixed. Set aside.
3. In a 6-inch, well-seasoned cast iron or heavy-duty stainless-steel skillet, melt the butter over medium heat. Add the brown sugar and cook until the sugar dissolves, about 1 minute. Add the water and cook until saucy, about 3 minutes.
4. Carefully pour the batter over the blueberry mixture and place the skillet on rimmed baking sheet. This will catch any spillover in the oven.
5. Bake for 30-40 minutes, until the cake springs back when touched gently or a toothpick inserted in the center comes out clean.

# Nutrition Facts

6 servings per container

**Serving Size** 1 slice (101 g)

Amount per serving

**Calories** 220

% Daily Value \*

**Total Fat 9g** 11%

Saturated Fat 2.5g 13%

*Trans* Fat 0g

**Cholesterol 40mg** 13%

**Sodium 270mg** 12%

**Total Carbohydrate 33g** 12%

Dietary Fiber 2g 6%

Total Sugars 16g

Includes 13g Added Sugars 26%

**Protein 4g** 7%

Vitamin D 0.33mcg 0%

Calcium 120mg 9%

Iron 1mg 7%

Potassium 99mg 2%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

