



Blueberry Buckle

Ingredients:

4 T butter or a substitute, softened
3/4 cup sugar
1 egg
2 cups flour, Mega Omega® or Simply Omega-3™
2 t baking powder
1/2 t sea salt
1/2 cup milk or substitute
2 cups fresh or frozen blueberries

Topping:

1/3 cup flour; 1/2 t cinnamon;
1/4 cup butter or substitute (softened)

Method:

Cream butter—sugar: add egg and beat well. Sift together next 3 ingredients. Add milk or a substitute and beat until smooth. Fold in blueberries.

Spread batter in a greased 9 x 9 pan.

For topping, combine remaining ingredients, mixing until crumbly. Sprinkle over batter and bake at 375° for 35 – 40 minutes.