

Gingerbread Cake with Blueberry Sauce

Ingredients

2 cups flour
1/3 cup ginger, crystallized (optional)
1 1/2 tsp ginger
1 1/2 tsp cinnamon
1 tsp baking powder
1 tsp baking soda
1/2 tsp salt
1/8 tsp cloves
3/4 cup buttermilk, low-fat
1/2 cup sugar
1/2 cup molasses
1/4 cup vegetable oil
2 eggs
1 1/2 cups blueberries

Ingredients - Sauce

1/2 cup orange juice
1/3 cup sugar
2 Tbsp ginger, crystallized OR 1 tsp ginger
2 cups blueberries
3/4 cup whipped topping

Directions – Cake

Preheat oven to 350 degrees. In a large bowl, combine flour and next 7 ingredients (through cloves), stir well with a whisk, make a well in the center of mixture. Combine buttermilk and next 4 ingredients (through eggs); mix well with a whisk. Add buttermilk mixture to flour mixture, stirring just until moist. Fold in blueberries. Spoon batter into 11 x 17-inch or 9-inch square baking dish coated with cooking spray. Bake at 350 degrees for 45 minutes (or until toothpick inserted in center of cake comes out clean). Cool in dish for 10 minutes on a wire rack, remove from pan. Cool completely on wire rack.

Directions - Sauce

In a medium saucepan, combine orange juice, sugar and ginger. Bring to a boil; add blueberries. Return to a boil and cook 1 minute. Cool.

Yield 12 servings (serving size: 1 cake piece, 2 Tbsp sauce, 1 Tbsp whipped topping)

Nutritional Information

Calories 284, Fat 7g, Carbohydrates 52g, Cholesterol 38g, Sodium 277mg, Fiber 1g, Protein 4g



Timeless gingerbread cake enhanced with ground spices, a splash of buttermilk, and laced with a sweet blueberry dressing to finish this memorable dessert.