

Blackberry Lemon Tea Cakes

Makes 1 Dozen Tea Cakes



Tips: Raspberries can be substituted for the blackberries in this recipe. These tea cakes are delicious served at breakfast.



Ingredients

- 2 cups whole wheat pastry flour
- ½ cup Sucanat
- 1½ teaspoons baking powder
- 1 teaspoon grated lemon zest
- ½ cup plain soy yogurt
- 1 cup almond milk
- 1 tablespoon lemon juice
- 2 egg replacers (2 tablespoons ground flaxseed meal with 6 tablespoons water)
- 1 cup blackberries
- 2 tablespoons unsweetened reduced fat coconut (optional)

Steps

1. Preheat oven to 350°F.
2. Line a 12-cup muffin pan with paper liners (or use a nonstick pan).
3. Combine flour, Sucanat, baking powder, and zest in a medium bowl.
4. Mix together soy yogurt, milk, lemon juice, and egg replacers in a separate bowl.
5. Pour the wet mixture into the dry mixture and stir until just moistened.
6. Gently fold in the blackberries.
7. Spoon mixture evenly into the prepared muffin cups.
8. Sprinkle coconut over the tops for decoration, if desired.
9. Bake in preheated oven for 45 minutes, or until a toothpick inserted into the center of a tea cake comes out clean. Cool slightly before serving.

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