



Apricot-Raspberry Buckle *in a new light*

Makes: 8 servings

Prep Time: 20 minutes

Cook Time: 35 minutes

Difficulty: Easy

Ingredients:

Filling:

- 1 cup whole wheat pastry flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1/2 cup low-fat buttermilk
- 1/3 cup sugar
- 1/4 cup unsweetened applesauce
- 1/4 cup canola oil
- 1 large egg
- 1 teaspoon vanilla extract
- 8 apricots, pitted and halved
- 1 cup raspberries

Topping:

- 3 tablespoons whole wheat pastry flour
- 1 tablespoon sugar
- 1 tablespoon unsalted butter, melted
- 1/2 teaspoon ground cinnamon

Directions:

Preheat the oven to 375°F. Spray a 9-inch springform pan with cooking spray.

To make the filling, combine flour, baking powder and salt in a small bowl. Whisk together buttermilk, sugar, applesauce, oil, egg, and vanilla in a large bowl until blended. Add the flour mixture and stir just until moistened. Scrape the batter into the pan. Scatter apricots and raspberries evenly over batter.

To make the topping, combine flour, sugar, melted butter and cinnamon in a small bowl, mixing with your fingers, until the mixture is crumbly. Sprinkle the topping evenly over the fruit. Bake until the topping is browned and bubbly, about 35 minutes. Let cool on a rack 20 minutes. Serve warm or at room temperature.

Nutritional Information: *Per serving (1/8 of buckle): 220 calories, 10 g fat (1.5 g saturated, 0 g trans), 30 mg cholesterol, 230 mg sodium, 31 g carbohydrate, 4 g fiber, 4 g protein.*

Material reviewed by Diabetes Care and Education, a dietetic practice group of the Academy of Nutrition and Dietetics.

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and Education**
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A good balance of the right foods, along with regular exercise and your prescribed medications, can help you feel better and stay healthier. As with any meal, remember to pay attention to portion size and enjoy every dish as part of your overall meal plan. Work with your health care team to determine a meal plan that works for you.