

Blueberry Ricotta Loaf

Recipe courtesy of Susannah Locketti

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Ingredients:

1 ¼ cup whole wheat flour

½ cup sugar

1 ½ teaspoon baking soda

1 ½ teaspoon baking powder

¼ teaspoon salt

1 cup fat free ricotta cheese

½ cup orange juice

1 egg

2 tablespoons olive or vegetable oil

1 cup frozen blueberries

Cooking Spray

1 tablespoon sugar for sprinkling the top

Method:

Preheat the oven to 350 degrees.

Combine flour through salt in a sifter. Sift the dry ingredients three times and add to a large bowl.

In a medium bowl, combine ricotta through olive oil and mix thoroughly. Add wet ingredients to dry ingredients and mix just until combined. Then stir in the blueberries. Spray a loaf tin with cooking spray and fill with batter. Sprinkle sugar over the top and bake roughly 50-60 minutes until golden and a toothpick inserted in the center comes out clean. Feel free to turn these into muffins too!

Note: If you find the taste of whole wheat flour too strong, feel free to mix equal amounts of wheat and white flour for a more subtle wheat flavor.