

Blueberry Breakfast Bread

1 1/3 cup flour (1/2 whole-wheat, 1/2 all-purpose white)—or try all whole-wheat!

3/4 cup quick cooking oats

1/3 cup sugar

2 teaspoons baking powder

1/4 teaspoon salt

3/4 cup low-fat milk

1/4 cup applesauce

2 tablespoons cornstarch

1 cup blueberries (fresh, frozen, or canned)

Preheat oven to 400 F. In a medium mixing bowl, combine flour, oats, sugar, baking powder, and salt. In another bowl, combine milk, applesauce, and cornstarch. Pour this wet mixture into the dry mixture, and stir until just moistened. (The batter will be slightly lumpy.) Fold in the blueberries, spoon batter into a non-stick 8x8 baking pan. Bake 20-25 minutes.