



# Cooking in the Kitchen at Olums

**Molly Morgan** RD, CDN, CSSD  
*Cooking Delicious Recipes  
that are Easy & Nutritious!*

**Olums.com**

## **Lemon Blueberry Yogurt Bread**

Serves 12

### Ingredients:

- 1 3/4 cup white wheat flour
- 1/2 cup sugar
- 1 tsp. baking powder
- 1/8 tsp. salt
- 1 egg beaten
- 1 cup coconut milk
- 1/4 cup melted butter
- 1 Tbsp. lemon juice
- 1 tsp. lemon zest (about half a lemon)
- 4 oz. plain Greek yogurt
- 1 cup frozen wild blueberries

### Directions:

1. Preheat oven to 350° F. Prepare a loaf pan with non-stick cooking spray.
2. In a large mixing bowl, combine flour, sugar, baking powder, and salt in a large bowl. Make a well in the center.
3. To the center of the bowl, add egg, milk, melted butter, lemon zest and lemon juice. Mix just until combined. Then stir in the yogurt and gently fold in blueberries.
4. Pour batter into prepared pan and bake for 50 to 55 minutes. Cool on a wire rack for 10 minutes before removing from pan.