

Blueberry Pound Cake



Wild berries were a source of amazement to colonists. Captain John Smith spoke of Indians feasting us with strawberries, mulberries, bread, fish and other countrie provisions.

Prep: 20 mins

Cook: 1 hr 10 mins

Total: 1 hr 30 mins

Servings: 16

Yield: 1 - 10 inch tube pan



Ingredients

2 tablespoons butter

¼ cup white sugar

2 ¾ cups all-purpose flour

1 teaspoon baking powder

½ teaspoon salt

1 cup butter

2 cups white sugar

4 eggs

1 teaspoon vanilla extract

2 cups fresh blueberries

¼ cup all-purpose flour

Directions

Step 1

Preheat oven to 325 degrees F (165 degrees C). Grease a 10-inch tube pan with 2 tablespoons butter. Sprinkle pan with 1/4 cup sugar.

Step 2

Mix together 2 3/4 cups flour, baking powder and salt. Set aside.

Step 3

In a large bowl, cream together 1 cup butter and 2 cups sugar until light and fluffy. Beat in the eggs one at a time, then stir in the vanilla. Gradually beat in the flour mixture. Dredge blueberries with remaining 1/4 cup flour, then fold into batter.

Step 4

Pour batter into the prepared pan.

Step 5

Bake in the preheated oven for 70 to 80 minutes, or until a toothpick inserted into the center of the cake comes out clean. Let cool in pan for 10 minutes, then turn out onto a wire rack and cool completely.

Nutrition Facts

Per Serving: 338 calories; protein 4.3g; carbohydrates 48.8g; fat 14.5g; cholesterol 80.8mg; sodium 205.3mg.