

# Berry Bundt Cake



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**Makes 12 Servings**

## What You Need

*A yummy cake that is also a source of fibre and phytonutrient rich berries!*

1 cup flour  
1 cup whole wheat flour  
1 tbsp baking powder  
1 tsp baking soda  
1/4 tsp salt  
1 cup sugar

1/4 cup canola oil  
3/4 cup buttermilk  
3 eggs  
2 cups frozen unsweetened raspberries  
2 cups frozen unsweetened blueberries

## Per Serving

*(Without glaze)*  
Calories 226  
Carbohydrates 39 g  
Protein 5 g  
Fat 6 g  
Dietary Fiber 3 g

## How You Prepare

Combine sugar, oil, buttermilk and eggs and mix well. Add dry ingredients and mix just until moistened. Fold in raspberries and blueberries. Pour batter into a sprayed bundt pan. Bake at 350 degrees F for about 1 hour.

Optional: Glaze cake with 1 cup icing sugar thinned with 2 tbsp of water.