



Mini Chilean Blueberry and Plum Cornmeal Cakes with Orange Glaze

INGREDIENTS

1 1/3 cups flour
2/3 cup cornmeal
2 tsp. baking powder
1-1/2 tsp. salt
1-1/4 sticks butter, softened
1 cup sugar
6 Tbsp. vegetable oil
2 eggs
1 Tbsp. vanilla
1 cup ricotta cheese
1/3 cup yogurt
1-1/2 cups fresh blueberries
4 plums, sliced and pitted



GLAZE

2 cups fresh orange juice

INSTRUCTIONS

Preheat oven to 350°F. Butter six 4-inch sized cake pans or two extra large muffin pans. Mix together first 4 dry ingredients together. Set aside. Using an electric mixer, beat butter with sugar until creamy. With mixer running, add eggs, oil and vanilla. Beat in flour mixture just until blended. Add ricotta and yogurt on low, just to blend. Pour half of batter into prepared pans. Sprinkle with half of fruit. Spoon the remaining batter on top of fruit, then place the remaining fruit on top.

Bake cakes for 30 minutes or until the tops are golden brown and a tester inserted comes out clean. Cool on rack.

To make glaze, reduce orange juice to 3/4 cup in a sauté pan. Drizzle over cakes.

Serve at room temperature.

SERVES 8

NUTRIENTS PER SERVING

446 calories, 23 gms fat, 207 calories from fat, 9 gms saturated fat, 80 mg cholesterol, 590 mg sodium, 12 gms dietary fiber, 7 gms protein

Recipe from the Chilean Fresh Fruit Association