CRANBERRY CRUMBLE COFFEE CAKE

INGREDIENTS

Cake
2 eggs
½ cup granulated sugar
¼ cup unsalted butter, melted
1 teaspoon vanilla
1 ½ cups all-purpose flour

Topping
½ cup all-purpose flour
½ teaspoon ground cinnamon
2 tablespoons maple syrup
2 tablespoons butter, melted

PREPARATION
1. Preheat conventional oven to 350°F. Line a 9×9 inch pan with parchment paper.
2. In a mixing bowl, prepare the wet ingredients. Whisk the eggs, sugar, butter, vanilla, yogurt and milk together.
3. In another bowl, prepare the dry ingredients. Sift together the flour, baking soda and cinnamon.
4. Add the dry ingredients to the wet ingredients and mix thoroughly.
5. Fold the berries into the cake batter.
6. In a separate bowl, mix the crumble topping ingredients.
7. Pour the cake batter into the cake pan. The cake batter should be quite thick. Top with crumble.
8. Bake for approximately 40 minutes or until the cake springs back when touched.
Limit or avoid high-potassium fruit

Fruits are an important part of your low-potassium diet because they provide vitamins, minerals, fiber and carbohydrates. Recent research has focused on the benefits of a diet richer in fruit. Eating fruit decreases dietary acid load and lessens pressure on your kidneys to excrete food byproducts. Knowing the potassium content of different fruits can help you plan your grocery shopping and allow more variety in your diet. Select mainly fruits that have low or moderate potassium. Here are some examples:

**High-Potassium Fruits:** Bananas, Oranges, Raisins, Avocados, Orange Juice, Papaya, Mango, Kiwi, Apricots, Cantaloupe.

**Low- and Moderate-Potassium Fruits:** Applesauce, Canned Peach, Pears or Fruit Cocktail, Apples, Grapes, Grape Juice, Cranberry Juice, Blackberries, Blueberries, Watermelon, Pineapple.