

CRANBERRY CRUMBLE COFFEE CAKE

INGREDIENTS

Cake

2 eggs

½ cup granulated sugar

¼ cup unsalted butter, melted

1 teaspoon vanilla

½ cup plain Greek yogurt

¼ cup skim milk

1 ½ cups all-purpose flour

1 teaspoon baking soda

1 teaspoon ground cinnamon

1 ½ cups cranberries, fresh or frozen

Topping

½ cup all-purpose flour

½ teaspoon ground cinnamon

2 tablespoons butter, melted

2 tablespoons maple syrup

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.

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Nutrient Analysis

PER SERVING	
1/2 of recipe	
Renal/Diabetic Exchanges:	
2 Starch + 1 Fat	
Calories	202
Protein	5g
Total Carbohydrate	30g
Fiber	1g
Sugars	12g
Fat	7g
Saturated	4g
Cholesterol	47mg
Sodium	125mg
Potassium	79mg
Phosphorus	62mg
Calcium	36mg
Iron	0mg
Magnesium	11mg
Vitamin C	2mg

Diet Types

- | | |
|--|---|
| <input checked="" type="checkbox"/> CKD Non-Dialysis | <input checked="" type="checkbox"/> Dialysis/Diabetes |
| <input checked="" type="checkbox"/> Dialysis | <input checked="" type="checkbox"/> Transplant |

POTASSIUM CHECK ✓

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.

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