

Almost Unforgettable Whole Wheat Blueberry Bread

When I make a conscious attempt to make a slightly healthier version of a typically unhealthy thing, there's always the devil beside one ear, saying things like, "No sour cream? Good luck, honey." Here's one to prove him (or wait, I think it's a her) wrong: Made with nonfat yogurt and all whole wheat flour, and packed with antioxidant-rich blueberries and flaxseed meal, you could almost call this bread nutritional. Seriously. Like a vitamin. Take two slices and call me in the morning.

Wait, did I mention that it's topped with coffee cake-style walnut streusel?

TIME: 30 minutes active time

MAKES: Two 8 1/2" by 4" loaves

Baking spray or vegetable oil spray

1 cup walnuts, finely chopped

1/4 cup packed light brown sugar

2 teaspoons ground cinnamon

1 1/2 cups sugar, divided

2 cups white whole wheat flour

3 tablespoons flaxseed meal

2 teaspoons baking powder

1/2 teaspoon salt

1 cup (2 sticks) unsalted butter, room temperature

2 large eggs

2 teaspoons vanilla

1 1/4 cups plain nonfat yogurt

2 cups frozen wild (small) blueberries*, or fresh, if in season

*Note: To avoid too much streaking, be sure to keep the blueberries frozen until right before you add them to the batter.

Preheat the oven to 350 degrees. Grease two 8 1/2" by 4" loaf pans with the spray, and set aside.

In a small bowl, stir the walnuts, brown sugar, cinnamon, and 1/4 cup of the regular sugar together to blend, and set aside to use as a topping.

In a mixing bowl, whisk the flour, flaxseed meal, baking powder, and salt to blend, and set aside.

In the work bowl of a stand mixer fitted with the paddle attachment, cream the butter and remaining 1 1/4 cups sugar on medium speed until light, about 3 minutes. Add the eggs one at a time, then add the vanilla, and mix on low to blend, scraping down the sides of the bowl between each addition. Add the yogurt, and beat until almost smooth. Add all but about 1/4 cup of the flour mixture, a little at a time, mixing on low just until no white

streaks of flour remain. Add the frozen blueberries to the remaining flour, toss to coat the berries, and gently fold the berries into the batter by hand with a plastic spatula. (The batter will be thick.)

Divide the batter between the greased loaf pans (if you have a scale, it should be about 1 1/2 pounds of batter per pan), spread it into the bottom of the pans, sprinkle the topping (generously) over the batter, and bake for 60 to 75 minutes, until a wooden skewer inserted into the center of the bread comes out clean.

Let the bread cool 30 minutes in pans, then transfer to racks to cool completely before wrapping. Store cooled bread wrapped in foil at room temperature, up to 3 days, or refrigerated up to one week.