

## NUTRITION: Lazza's Kitchen

### Blueberry Loaf with Lime Buttercream

**Another New Recipe from Lazza's Kitchen.**  
**Today he makes his first ever Blueberry Loaf from scratch**

**The blueberry is one of the only foods that is truly naturally blue in colour. The pigment that gives blueberries their distinctive colour, called "Anthocyanin", is the same compound that provides the blueberry's amazing health benefits. People have been eating blueberries for more than 13,000 years**



250g Unsalted Softened Butter (sponge)  
250g Caster Sugar  
250g Self Raising Flour  
4 Eggs  
200g Fresh Blueberries  
125g Unsalted Softened Butter (buttercream)  
250g Icing Sugar  
Juice of 3-4 Limes (depends on how sharp)  
200g Blueberries for decoration

This recipe is quite similar to the Banana Loaf.  
Mix the 250g Butter, the Caster Sugar, and Flour, in a large mixing bowl, until nice and crumbly.  
Add the four eggs, and whisk until nicely combined.  
Add the 200g blueberries and fold in (should stop them sinking to bottom).  
I put my mix into 2 loaf tines, but you could do one large one.  
Cook in oven for around 30 mins (if 2) and 50 mins (if 1), but do check it is baked through using a skewer.  
Leave to cool. To make buttercream, beat the icing sugar, butter, and lime juice until combined, then (when cold) spread over the cake(s).  
Sprinkle over the remaining blueberries, pressing into the buttercream.  
Put in fridge to cool and ensure the buttercream sets nicely.



**Well if that picture opposite does not make you want to dive right in, then I can only apologise. Because I did.**

**Tasted great when I took to our Picnic.**

**It's a basic cake recipe base, but the berries, and the citrus buttercream, adds to it nicely.**

**During the pandemic and lockdowns, Lazza decided to try a new hobby - cooking. Why not try out some new recipes and foods yourself? This was a great and very tasty bake to prepare.**