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Healthy blueberry coffee cake

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For years, we have been told that breakfast is the most important meal of the day (although some would argue against that advice). But for those of us who need a little extra push to access our inner morning person, scrambling an egg isn't even fathomable until we've had at least one (or five) cups of joe. Studies have shown that drinking coffee alone has health benefits that go beyond helping us to become real human beings again, such as reducing our risk of type 2 diabetes. But since it's the first thing we put into our bodies every day after we open our eyes, why not see if there's a way to sneak some extra nutrients in there? Here are some of our favorite hacks to justify your insatiable caffeine addiction package even more nutrition in your daily caffeine routine. 1. Add a pinch of cinnamon. Here's a way to add some seasonal flavor to your caffeine routine, while also supporting heart health and balancing your blood sugar levels. (PSL, can you do that?) Adding a pinch of cinnamon can increase antioxidants, lower blood sugar, and also cut the risk of heart disease. In addition, it tastes so good that you could finally kick the cream and habit sugar because, really, it doesn't need anything else. 2. Drink more chocolate. OK, just to be clear, we do not encourage you to start melting entire Hershey bars into your coffee. But adding some cocoa is cool with us. Here's why: The addition of a teaspoon of unsweetened cocoa (the fermented seeds of the cocoa tree) provides anti-inflammatory and antioxidant qualities that can help your body by lowering blood pressure, balancing cholesterol and helping to manage diabetes. 2. Think of a homemade mocha with zero added sugar, although we think a little drop of maple syrup would be good in this too. 3. Add flavor with coconut oil. If you like coffee on the sweeter side, exchange those crematrix and vanilla syrups and artificial hazelnuts for a naturally tropical taste by adding a tablespoon of coconut oil. And while coconut oil might not be the âcure-allâ it's made out to be, adding it to your coffee can have some health benefits, from helping with weight loss to prevent Alzheimer's disease. While these health claims are still under investigation, we think it is worth adding it to your coffee for flavor alone. The creaminess is crazy.4. Call collagen. From health bloggers to celebrities (hey, Jennifer Aniston), it seems like everyone is jumping in the collagen van this year â giving it to smoothies, cooked meals, and... You guessed it... coffee. If you're not on board yet, Everything you hear about collagenâspray it in a smoothie probably won't make you look 30 years younger. Here's what you should know: Collagen is the protein-rich connective material between tissue and bone (so, yup, veg-heads, you'll have to sit this). It comes in a powder form, so you can mix it into pretty much anything to get an important protein This will help you start your day. There are also some preliminary tests that can help keep your skin hydrated, improve the liver damage induced by alcohol and support joint health. Look for a brand that doesn't change the flavor, like additional food collagen peptides, so it doesn't climb on the nose at every sip. 5. Throw it. We know, we can't believe it's butter in there, either. BURBLED (A.K.A. âœBulletproofâ€¢) Coffee made celebrities, athletes and health bloggers are friendly with fat. Why? Some claim this Buttery Buzz gives them more energy, improves brain function and helps in weight loss - especially if these people already follow a chetogenic diet. If you decide to run a slice in your morning Joe, try using the butter fed with grass, which has a greater amount of omega-3 and vitamin K than regular butter.6. Make Cafe Au oat. When the morning race comes between us and breakfast, we become our worst self (Hangry, stuck in the traffic of one hour of peak, fixing a giant billboard of a breakfast sandwich). But here is a way to grab breakfast and coffee on your way out the door: prepare some oats full of caffeine in your thermos for a delicious morning meal. Not only are you receiving your energetic correction, but you are also eating a solid breakfast because oatmeal is packed with fibers and minerals such as magnesium, zinc, manganese, selenium and iron. 7. Add some Ashwagandha powder. If you're trying to add extra health calcium to your coffee, but I still want to look, well, coffee, try spraying in a Ashwagandha powder. You may want to combine this with a little cinnamon and coconut oil since it can have a pretty strong taste, but some people are swearing by this adapted trend. While it has been used heavily in Ayurvedic medicine, mainstream health connoisseurs are beginning to use it more and noting that it can help reduce stress and possibly increase physical endurance. 8. Take your cardamom.cardamom filling has been nicknamed the "Queen of spices" and is not only thanks to its rich warm taste. In some ancient medicinal traditions, this powerful spice has been used to treat everything from gums to tuberculosis. And while we do not recommend you try to enjoy a cure of do-it-your cardamom for any of those, a recent study suggests that spices can have antimicrobial properties so you can fight heavy bacteria like E. coli. And adding it to your coffee could simply improve your social health, since it was used as a natural deodorant and, well, coffee breath is one thing.9. Turn on the heat. No, we're not talking about temperature. If you want to revive the routinein the morning, add a pinch of Cayenne in your morning preparation. Trust us, it will not only wake up your taste buds, but it will also give you an increase of nutrients in your day. Gayenne was used to manage stomach problems, lack of appetite and circulatory problems for thousands of years in native American Medicine Recently researchedwhich can relieve headache pain, help digestion and even prevent heart disease. He is practically obsessed with coffee, the dream of a lover of spicy food. Something to Sip Onthough These additions are all fun ways to sneak in a little something extra into your morning, let's face it. Our Pantries Aren is always stocked with collagen peptides, and suppose your local bartender won the Ashwagandha powder by hand. But one thing Karman Meyer, R.D., recommends including something that many of us have already planned to put into our morning Joe. â "Miliare, lactose-free or not, will provide essential vitamins and minerals â " says Meyer. From 1/4 cup of milk to your morning Joe, you will receive 2 grams of protein, 8 percent of the daily value of calcium and 6 percent of the daily value of vitamin D, riboflavin and phosphorus â ~ | Essential for bone health, red blood cell production and metabolism. A "So it doesn't matter where you are ... or whether you or not fully awake â " There is a way to add a little push to your daily cup. Do I want more? Coffee smoothie recipes: 7 ways to get a boost at breakfast 12/23/2002 this was very good and very easy. I used frozen blueberries which turned out to be great and actually made the mixing easier since the batter is so sticky. 02.06.2004 The whole family loved this recipe and it is easy to make. I suggest you double it if you want some for yourself! 09.04.2003 Wow --- This now takes the trophy on my grandma's famous blueberry coffee cake. Very easy!! The key to the light moisture texture, I think they alternate from mixing in dry to damp batter. Very, very wonderful! 08.12.2010 Delicious and easy to do ... I added the blueberries to the bottom of my pan before adding the batter and then more before adding the topping. Therefore I used 1 1/2 cup of blueberries. It will definitely make it again. Thank you for sharing your recipe! 26.01.2012 Absolutely delicious! After reading the reviews, I made only a few changes: I used 1 cup of sugar in the cake batter. I also added about 1/3c sour cream and 1 tablet of vanilla extract. I also used brown sugar in the top instead of white. This cake is so good! I can't wait for my husband to come home and try a little ... that is, if there is a left !!! 09/21/2003 This was a fabulous crumb of blueberries. My family loves the extra crumbs so I doubled that mixture. It was a career crumbs pie... That's how Nyer likes it! Great recipe overall ... will continue to use it! 02.08.2008 This is a good recipe. I'm not a fan of cranberries, so I used cranberries instead. Since the blueberries are not so sweet I added 1/2 cup of to the batter. This cut the tart and fixed any thick problem, the others had because the batter had gone well. I put a layer of topping in the middle and up. My family had fun and I'll use the recipe again. Thanks for sharing! 06/01/2010 Excellent. I tried for the company and got enthusiastic reviews. The only change I made was to use King Arthur Arthur's white whole grain.Since we like integral cereals. Thanks for sharing. 10.11.2011 Oh so beautiful and easy and good, but it needs some flavorings so I like to add about 2 tablespoons. of lemon peel. This recipe also works for raspberries â € "frozen or fresh. 27.01.2008 I thought of making the blueberry coffee cake for a couple of weeks, just to have fun on a rainy Sunday morning. Found this, read positive reviews, but it was fine for us. No one has thrilled. The cake in the sA © did not have enough taste, even if the seasoning was delicious. 1 of 31 Cake Blueberry Coffee Cake II Chrysta Dillard 2 of 31 Cake Blueberry Coffee Cake II Lisa 3 of 31 Cake Blueberry Coffee Cake II Alessandra 4 of 31 Cake Blueberry Coffee Cake II Lauren333 5 of 31 Cake Blueberry Coffee Cake II Kilah1 6 of 31 Cake Blueberry Coffee Cake II Chrysta Dillard 7 of 31 Blueberry Blueberry Coffee Cake II AnnetteP0709@gmail.com 8 of 31 Blueberry Coffee Cake II Becky Jo 9 of 31 Blueberry Coffee Cake Sweet Cook 10 of 31 Blueberry Cake II Lauren333 11 of 31 Blueberry Cake II Michelle Trujillo 12 of 31 Blueberry Cake II Mimi 13 of 31 Blueberry Cake II in Cable3760 14 of 31 Cake of Blueberry II Bev Garvey 15 of 31 Cake Blueberry II Tommychi CK 16 of 31 Cake Blueberry II Van Tay 17 of 31 Cake of Blueberry II Hernandez JG 18 of 31 Cake Blueberry II TTKC 19 of 31 Cake Blueberry II HappyHousewife 20 of 31 Blueberry Coffee Cake II Bonnie213 Bonnie213

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