



Long Livo

Blueberry Cream Cheese Babka

30 min

Prep time

8

Servings

35 min

Cook time

Medium

Difficulty

1 h 5 min

Total time

Jewish

Cuisine

Ingredients

For the Dough

- ☐ 4 cups all-purpose flour
- ☐ 1/2 cup warm milk
- ☐ 2 tsp active dry yeast
- ☐ 1/3 cup granulated sugar
- ☐ 1 tsp salt
- ☐ 1/2 cup unsalted butter, cold and diced
- ☐ 2 large eggs

For the Filling

- ☐ 8 oz cream cheese, softened

- ☐ 1/3 cup powdered sugar
- ☐ 1 tsp vanilla extract
- ☐ 2 cups fresh blueberries
- ☐ 2 tbsp sugar (for berries)
- ☐ 1 tsp lemon zest
- ☐ 2 tbsp melted butter

For the Glaze

- ☐ 1 egg, beaten
- ☐ 1 tbsp sugar

Instructions

- 1** In a small bowl, combine warm milk, yeast, and a pinch of sugar; let it sit for 5-10 minutes until foamy.
- 2** In a large mixing bowl, whisk together flour, remaining sugar, and salt. Cut in the cold butter until the mixture resembles coarse crumbs.
- 3** Add the beaten eggs and the yeast mixture; knead until the dough is smooth and elastic, about 8-10 minutes. Cover and let it rise until doubled, roughly 1 hour.
- 4** While the dough rests, mix softened cream cheese, powdered sugar, and vanilla until smooth. Toss blueberries with the extra sugar, lemon zest, and melted butter.
- 5** Punch down the risen dough and roll it into a rectangle (about 12×16 inches). Spread the cream cheese mixture evenly, then scatter the blueberry mixture over the top.
- 6** Carefully roll the dough into a tight log, then twist the log gently to create a braid. Transfer to a parchment-lined baking sheet.
- 7** Brush the loaf with the beaten egg and sprinkle with sugar. Bake at 350°F (175°C) for 30-35 minutes, until golden and a toothpick comes out clean.

8

Cool on a rack for 15 minutes before slicing; serve warm or at room temperature.

Nutrition per serving

380 kcal

Calories

6 g

Protein

55 g

Carbs

14 g

Fat

Tips & notes

- If the blueberry mixture seems watery, stir in a tablespoon of flour to thicken.
- Chill the dough before shaping for cleaner swirls.
- Allow the babka to rest slightly after baking; it continues to set.