



Long Livo

Baked Yogurt – Healthy Dessert Recipe

15 min

Prep time

4

Servings

30 min

Cook time

Easy

Difficulty

45 min

Total time

Greek

Cuisine

Ingredients

Baked Yogurt

- ☐ 2 cups Greek yogurt (full-fat)
- ☐ 3 tbsp honey
- ☐ 1 tsp vanilla extract
- ☐ 1 tsp lemon zest

- ☐ ¼ tsp ground cinnamon

- ☐ Pinch of sea salt

Topping

- ☐ ½ cup fresh mixed berries
- ☐ 1 tsp honey for drizzling
- ☐ Extra cinnamon for dusting

Instructions

- 1** Preheat the oven to 300°F (150°C). Place a pan of water on the lower rack for a gentle steam bath.
- 2** In a bowl, whisk the Greek yogurt with honey, vanilla, lemon zest, cinnamon, and a pinch of sea salt until smooth.
- 3** Divide the mixture into four ramekins, then gently tap each to release any trapped air.
- 4** Bake in the water bath for 25-30 minutes, until the edges are set but the centre still wobbles.
- 5** Remove from the oven, let cool for 5 minutes, then top with fresh berries, a drizzle of honey, and a dusting of cinnamon.

Nutrition per serving

180 kcal

Calories

10 g

Protein

28 g

Carbs

5 g

Fat

Tips & notes

- Do not over-bake; a slightly trembling centre is ideal.
- A water bath keeps the surface smooth and prevents cracking.
- For a cooler dessert, chill the ramekins for 30 minutes before serving.