



Long Livo

Greek Yogurt Protein Cake – Moist High-Protein Dessert

15 min

Prep time

8

Servings

25 min

Cook time

Easy

Difficulty

40 min

Total time

Mediterranean

Cuisine

Ingredients

Cake Batter

- ☐ 1 cup Greek yogurt (full-fat or low-fat)
- ☐ 1/2 cup honey or maple syrup
- ☐ 2 large eggs, separated
- ☐ 1 tsp vanilla extract
- ☐ 1 tbsp lemon zest
- ☐ 1/2 cup whey protein powder (vanilla)
- ☐ 1 cup whole wheat flour
- ☐ 1 tsp baking powder
- ☐ 1/4 tsp salt

Instructions

- 1 Preheat the oven to 350°F (175°C). Grease a 9-inch round pan and line with parchment.
- 2 In a large bowl, whisk together Greek yogurt, honey, vanilla, lemon zest, and protein powder until smooth.
- 3 In another bowl, combine flour, baking powder, and salt; sift into the yogurt mixture and stir gently.
- 4 Beat egg whites with a pinch of salt until soft peaks form; fold them into the batter in two gentle motions.
- 5 Pour batter into the prepared pan, smooth the top, and bake for 20-25 minutes, or until a toothpick comes out clean.
- 6 Let the cake cool in the pan for 10 minutes, then transfer to a wire rack. Dust with powdered sugar or serve with fresh berries.

Nutrition per serving

210 kcal

Calories

12 g

Protein

25 g

Carbs

5 g

Fat

Tips & notes

- If you prefer a richer flavor, add a tablespoon of melted butter to the batter.
- The cake stays moist because yogurt retains moisture during baking.
- For a nut-free version, replace whole wheat flour with oat flour.