



Low-Calorie

LEMON YOGURT & CRANBERRY CAKE

A light, moist and bright cake made with Greek yogurt, fresh lemon and tart dried cranberries. Perfect with a cup of tea or coffee!

LIGHT & DELICIOUS
HIGHER PROTEIN
LOWER CALORIE



SERVES
8 SLICES



PREP TIME
15 MIN



COOK TIME
30–35 MIN



OVEN TEMP
175°C / 350°F

INGREDIENTS

CAKE

- 0% plain Greek yogurt 200 g
- Egg whites (about 4) 120 g
- Granulated sugar 55 g
- Extra-light olive or avocado oil 20 g
- Fresh lemon juice 35 g
- Finely grated lemon zest 6 g
- Vanilla extract 5 g
- All-purpose flour 140 g
- Cornstarch 20 g
- Baking powder 7 g
- Baking soda 2 g
- Fine salt 1 g
- Dried cranberries 50 g

LIGHT LEMON-YOGURT TOPPING (OPTIONAL)

- 0% plain Greek yogurt 100 g
- Powdered sugar 10 g
- Fresh lemon juice 5 g
- Finely grated lemon zest to taste

Note:

Tossing the cranberries in flour helps prevent them from sinking to the bottom of the cake.



STEP-BY-STEP

1



Heat oven to 175°C / 350°F. Line an 8-inch (20-cm) round pan with parchment and lightly spray the sides.

2



Toss the dried cranberries with about 1 tsp of the measured flour. This helps keep them suspended in the cake.

3



In a large bowl, whisk Greek yogurt, egg whites and sugar until smooth. Add oil, lemon juice, zest and vanilla. Mix until combined.

4



In a separate bowl, combine flour, cornstarch, baking powder, baking soda and salt.

5



Fold the dry ingredients into the wet mixture just until combined. Do not overmix.

6



Gently fold in the cranberries.

7



Transfer batter to the prepared pan and smooth the top.

8



Bake for 30–35 minutes, until the centre springs back and a tester comes out with a few moist crumbs.

9



Cool in the pan for 10 minutes, then transfer to a wire rack to cool completely.

NUTRITION FACTS

Per 1 slice (1/8 cake) without topping (approx.)

Calories	180
Protein	6 g
Fat	3 g
Saturated Fat	0.5 g
Carbohydrates	30 g
Fiber	1 g
Sugars	16 g
Sodium	95 mg

*Nutrition will vary slightly if topping is added.

CHEF'S TIP



Don't replace all the sugar with artificial sweetener and don't eliminate the oil entirely. Keeping some sugar and fat gives you the best texture in a lower-calorie cake.

SERVING SUGGESTION

Top with the light lemon-yogurt topping after the cake has completely cooled.



LIGHTER INGREDIENTS
AMAZING FLAVOR



MADE WITH LOVE
MADE TO ENJOY



SIMPLE INGREDIENTS
BEAUTIFUL RESULTS