

Helergon Kitchen

Creamy Yogurt Cake – 3 Ingredient Dessert

5 min Prep time	**40 min** Cook time	**45 min** Total time
8 Servings	**Easy** Difficulty	**Mediterranean** Cuisine

Ingredients

Main Ingredients

- [ ] 1 cup (200g) granulated sugar
- [ ] 1 cup (250g) plain Greek yogurt (full-fat preferred for richness)
- [ ] 3 large eggs

Instructions

1. First things first, go ahead and preheat your oven to 350°F (175°C). I like to grease my 9-inch round cake pan and line the bottom with a circle of parchment paper. Honestly, it's just a little extra effort that saves you from a lot of heartache when you're trying to get the cake out later.
2. In a large mixing bowl, just toss in your granulated sugar and plain Greek yogurt. Use an electric mixer on medium speed for about 2-3 minutes. Well, it might look a little curdled at first—don't panic! It'll all come together just fine once we add the eggs.
3. Now, add the eggs one by one, beating them in well after each addition. I mean, really make sure each egg is fully incorporated before you add the next one. Keep mixing for another 2-3 minutes until the batter feels light, fluffy, and just lovely and creamy. Oh, and remember to scrape down the sides of the bowl every now and then.
4. Carefully pour your batter into that prepared cake pan. Use your rubber spatula to spread it out evenly so it bakes the same all the way across.
5. Pop it in the oven for 35-40 minutes. You'll know it's done when a toothpick poked into the center comes out clean or with just a few moist crumbs. Look for that beautiful golden brown color on top.
6. Let the cake take a little nap in the pan for about 10-15 minutes. Then, gently invert it onto a wire rack to cool completely. Patience is key here.
7. Once it's completely cool, you can carefully peel away the parchment paper from the bottom. And there you have it!

Nutrition per serving

285 kcal	11 g	32 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- Using full-fat Greek yogurt makes the cake much richer and more decadent.
- Be careful not to overbake, or the cake can get a bit dry.
- Rotating the pan halfway through helps it bake evenly on all sides.