

Choco Fever Dream

Baked Yogurt – Healthy Dessert Recipe

15 min Prep time	**30 min** Cook time	**45 min** Total time
4 Servings	**Easy** Difficulty	**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	10 g	28 g	5 g
Calories	Protein	Carbs	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.