

Choco Fever Dream

Greek Yogurt Protein Cake – Moist High-Protein Dessert

15 min Prep time	**25 min** Cook time	**40 min** Total time
8 Servings	**Easy** Difficulty	**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	12 g	25 g	5 g
Calories	Protein	Carbs	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.