GLOBAL · DESSERT · SNACK

Greek Yoghurt Blueberry Cake (No Added Sugar)

55 min · plus cooling and 1 hour chilling Makes 6 × 1 slice (1/6 cake) 148 kcal a portion

Video 4:04 · Healthy Desserts by Magda

Vegetarian | Gluten-free ingredients | No nuts listed

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Greek yoghurt and eggs do the work of butter and wheat flour (with just 40 g cornflour), and stevia replaces sugar: each slice has about 10 g protein and 10 g net carbs, with no added sugar.

Ingredients

5 · MAKES 6 × 1 SLICE (1/6 CAKE)

- [ ] 1½ cups **Greek yoghurt**
- [ ] 4 **eggs**
- [ ] 2–3 tbsp **granulated sweetener** (stevia blend or your choice)
- [ ] ¼ cup **cornflour** (cornstarch)
- [ ] ½ cup **blueberries**

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Egg, Milk. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 340°F. Put the Greek yoghurt, eggs and sweetener in a bowl and whisk until smooth. 0:05
2. Add the cornflour and whisk again until there are no lumps. 1:02
3. Stir the blueberries through the batter. 1:24
4. Line a 6 inch round tin with baking paper (wrap a springform tin in foil) and pour in the batter. 1:42
5. Bake for 45–50 minutes, until set and golden on top. 1:59
6. Leave to cool in the tin, then cover and chill in the fridge for at least 1 hour. 2:07
7. Lift the cake out and cut it into 6 slices. Serve cold. 2:32

> **Tip** Serves 6 is our estimate for a 6 inches cake. Any granulated stevia, erythritol or monk-fruit sweetener works; add it to taste. Serve cold, straight from the fridge.

The method is a summary in our words — the video shows every step.

One portion, 1 slice (1/6 cake), gives you

1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
148 kcal	10 g	11 g	0.3 g	6.9 g	70 mg
620 kJ	21% of a day	10 g net · 3.9 g sugars	1% of a day	3.4 g saturated	3% of a day
		4% of a day		9% of a day	

Energy from net carbs 28% · protein 28% · fat 44%

High in (20%+ of a day) Vitamin B12 36% · Selenium 31%

Recipe and video: Healthy Desserts by Magda (@HealthyDessertsbyMagda) on YouTube — youtube.com/watch?v=4FmDjp6ni_s, published 19 January 2023. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/greek-yoghurt-blueberry-cake