This yogurt cake is super creamy and has a soft, cheesecake-like texture. It requires just three ingredients and is a healthier alternative to traditional cakes. The recipe is quick to prepare, and it can be baked either in the oven or cooked in an air fryer. The cake is perfect as a snack or a light dessert, and it’s low in calories and sugar.

What makes this cake stand out is its simplicity and versatility, and you can easily adjust the sweetness level to your taste. It can be eaten as-is, or you can drizzle a little honey or your preferred sweetener on top for added sweetness. The cake can also be made ahead of time and refrigerated, making it perfect for meal prep.

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Ingredients

Greek Yogurt: For this recipe, use a sweetened, nonfat Greek yogurt. The sweetness comes from the yogurt itself, as there is no added sugar in the recipe. Vanilla-flavored yogurt works well, but you can experiment with other flavors too.

Eggs: The eggs are crucial for providing structure to the cake.

Cornstarch: This helps to set the cake and gives it a smooth, creamy texture.

Yogurt Cake Sweetness and Texture

This cake is naturally low in sugar and will not be very sweet on its own. However, you can easily add sweetness by mixing in some sugar or honey. The cake has a creamy texture, almost like a cheesecake, with a slightly chewy exterior.

How to Make the Yogurt Cake

Prepare the Cake Pan: Lightly spray a 6-inch round cake pan with cooking spray. Line the pan with parchment paper, making sure it covers the sides as well, so the cake can easily be removed later. It’s okay if the parchment paper is a bit wrinkled.

Mix Ingredients: In a large mixing bowl, whisk together the Greek yogurt and eggs until smooth. If you want a sweeter cake, add sugar at this point. Then, whisk in the cornstarch until the mixture is lump-free.

Transfer to Pan: Pour the smooth batter into the prepared cake pan.

Cooking the Cake:

In the Air Fryer: Preheat your air fryer to 320°F (160°C). Cook the cake for 20-23 minutes. The cake should be puffed up, firm, and have a caramelized surface. It may deflate slightly when you remove it, but the texture should remain smooth.

In the Oven: Preheat the oven to 350°F (177°C) and bake for 70-75 minutes. The cake should puff up and form a golden, caramelized surface. It may wrinkle a little as it cools.

Cool the Cake: Let the cake cool at room temperature for about 30 minutes. Then, refrigerate it for at least 2 hours before serving. It’s best to refrigerate it overnight for the best flavor.

Serve: Remove the cake from the fridge 15-30 minutes before serving to bring it to room temperature. Drizzle with honey or your favorite sweetener if desired.

3 Ingredient Creamy Yogurt Cake

This easy and creamy yogurt cake is made with just three ingredients and is a healthier dessert option. It’s quick to make and can be baked in an oven or air fryer.

Prep Time: 5 minutes
Cook Time: 20 minutes (air fryer) or 70 minutes (oven)
Servings: 8
Calories: 68 per slice

Ingredients:

- 1 2/3 cups (400 g) nonfat vanilla Greek yogurt
- 4 large eggs
- 4 tbsp (32 g) cornstarch

Instructions:

1. Spray a 6-inch round cake pan and line with parchment paper.
2. In a large bowl, whisk the Greek yogurt and eggs until smooth. Add sugar if you want more sweetness. Then, whisk in the cornstarch.
3. Pour the batter into the prepared pan.
4. Air Fryer: Preheat to 320°F (160°C) and cook for 20-23 minutes until puffed and caramelized.
5. Oven: Preheat to 350°F (177°C) and bake for 70-75 minutes until puffed and caramelized.
6. Cool at room temperature for 30 minutes, then refrigerate for 2 hours before serving.
7. Serve at room temperature, optionally drizzled with honey.

Tips & Tricks:

If you want a sweeter cake, add sugar to the batter or drizzle honey on top before serving.

For best results, refrigerate the cake overnight to develop the flavor.

Enjoy your creamy, low-calorie yogurt cake!