This easy three-ingredient yogurt cake recipe makes you feel like you're eating cheesecake, but it's way more healthier for you because of the health benefits of yogurt. To make this moist yogurt cake in the air fryer or the oven you will need nonfat vanilla Greek yogurt, eggs and cornstarch. For a sweeter version, grab some granulated sugar, too.

Prep Time: 5 minutes
Cook Time: 20 to 24 minutes (air fryer) or 70 to 75 minutes (conventional oven)
Total Time: 30 minutes 1 hour and 10 minutes
Servings: 4

Ingredients

- 1 2/3 cups nonfat vanilla Greek yogurt
- 4 large eggs
- 4 tablespoons cornstarch

Optional

- 1/4 cup granulated sugar

Recipe Notes

- You can use Greek whole-milk or low-fat yogurt, but the cake is lighter made with non-fat.
- If you have plain Greek yogurt add 1/4 to 1/2 cup granulated sugar and a teaspoon of real vanilla extract.
- This is not a super sweet dessert. The only sugar is from the yogurt, so if you like sweeter treats add the optional sugar.

Here's how to make it:

1. Preheat the air fryer to 320 degrees F or the conventional oven to 350 degrees F. Put a piece of parchment paper into a 6-inch round cake pan or baking dish. Don't worry that it won't stay. Press it into the bottom and the batter will keep it down.

2. In a large bowl add the yogurt and eggs. Mix well. Add granulated sugar, if using, and the cornstarch. Blend all the ingredients together.
3. Scrape the batter into the prepared baking pan.
4. Bake in the preheated air fryer for 20 to 24 minutes or in a conventional oven for 70 to 75 minutes. The top should be a beautiful brown and the batter shouldn’t jiggle.
5. Remove to a rack for 30 minutes then place in the fridge to cool completely, 2 hours to overnight.
6. Serve cold with a drizzle of honey or fresh fruit, if you’d like.

Nutrition Facts Per Serving

- Calories: 486
- Total Fat: 5g
- Saturated Fat: 1.6g
- Cholesterol: 187mg
- Sodium: 98mg
- Total Carbohydrate: 97g
- Dietary Fiber: 0.9g
- Total Sugars: 5.4g
- Protein: 10g
- Vitamin D: 18mcg
- Calcium: 74mg
- Iron: 1mg
- Potassium: 149mg