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Description

Bright, tangy, and refreshingly sweet, this flourless lemon cake made with Greek yogurt brings a sunny burst of citrus flavor to your kitchen. Almond flour and thick Greek yogurt team up to create an incredibly moist, tender crumb without a grain of traditional flour. It’s a delicious, high-protein, low-carb dessert that satisfies sweet cravings while supporting a balanced lifestyle.

Can This Flourless Lemon Cake Support Weight Loss Goals?

Yes, this flourless lemon cake can easily align with weight loss goals when enjoyed in moderation. By using Greek yogurt and almond flour instead of refined flour and heavy butter, it delivers a satisfying boost of protein and healthy fats. This combination helps promote satiety and keeps you feeling full longer, reducing the urge to snack between meals while keeping net carbs low.

Does Flourless Lemon Cake Fit a High-Protein Lifestyle?

This flourless lemon cake fits seamlessly into a high-protein lifestyle thanks to its nutrient-dense ingredient base. Creamy Greek yogurt and almond flour provide a substantial hit of quality protein per slice without relying on artificial protein powders. With low net carbs and no refined grains, it offers a clean, protein-friendly treat that supports muscle recovery and daily nutrition goals.

My Personal Experience

- Effortless Preparation: Swapping refined flour for almond flour and Greek yogurt gave the cake a rich texture without requiring complex baking techniques.
- Balanced Citrus Flavor: Zell-infused lemon juice paired perfectly with the subtle sweetness, creating a clean finish without any heavy aftertaste.
- Meal Prep Staple: Slicing and storing individual portions made it a quick, high-protein snack option throughout a busy work week.

Perfect For:

- High-protein desserts and afternoon tea treats
- Low-carb and keto-friendly meal plans
- Post-workout high-protein snacks
- Bright weekend brunch tables or summer gatherings

Why You’ll Love This Recipe:

- Rich and Moist Texture: Greek yogurt locks in moisture, ensuring every bite remains soft and tender without added oils.

- Naturally Protein-Packed: Almond flour and Greek yogurt combine to boost dietary protein without compromising classic cake texture.
- Simple Pantry Ingredients: Requires basic, wholesome staples that come together in a single bowl with minimal cleanup.

Common Mistakes to Avoid:

- Over-mixing the Batter: Gently fold ingredients until just combined to prevent the cake from becoming overly dense.
- Using Low-Fat Yogurt: Stick to whole or 2% Greek yogurt for optimal moisture and structure, as watery yogurts make the batter soggy.
- Skipping the Cool-Down Time: Allow the cake to cool completely in the pan so it sets properly before slicing.
- Over-zesting the Lemons: Grate only the outer yellow peel, avoiding the bitter white pith underneath.

Required Equipment:

- 8-inch Springform Pan: Allows easy removal without damaging the delicate flourless cake structure.
- Microplane Zester: Extracts bright lemon zest cleanly without bitter pith.
- Silicone Spatula: Ensures gentle folding of wet and dry ingredients to keep the batter airy.
- Fine-Mesh Sieve: Helps sift almond flour for a lighter, clump-free crumb.

Storage Instructions:

Store leftover cake slices in an airtight container in the refrigerator for up to 5 days; the Greek yogurt keeps the cake remarkably moist over time. For longer storage, freeze individual slices wrapped tightly in parchment paper and foil for up to 2 months. Thaw overnight in the fridge for a fresh, high-protein slice ready to enjoy.

Recipe Details

- Preparation Time: 15 minutes
- Cooking Time: 40 minutes
- Total Time: 55 minutes
- Servings: 8 slices
- Best Season for This Recipe: All-season (especially vibrant in Spring and Summer)
- Total Calories (Per Serving): Approximately 210 kcal

A bright, grain-free lemon cake made with thick Greek yogurt and almond flour. Naturally low in carbohydrates and rich in protein, it offers a velvety texture and bold citrus flavor. Perfect for a light dessert, breakfast slice, or healthy high-protein snack.

 Ingredients:

- Almond Flour (blanched): 2 cups (200g) *(Note: Use fine-ground blanched almond flour for the best texture)*
- Plain Greek Yogurt (whole or 2%): 1 cup (245g) *(Note: Strained, thick yogurt prevents extra moisture)*
- Eggs (large): 3 large room temperature eggs
- Honey or Low-Carb Sweetener (Erythritol/Monk Fruit): 1/2 cup (120ml or equivalent)

- Fresh Lemon Juice: 1/4 cup (60ml)
- Fresh Lemon Zest: 2 tablespoons (from about 2 medium lemons)
- Baking Powder: 1 teaspoon
- Vanilla Extract: 1 teaspoon
- Salt: 1/4 teaspoon

Directions:

1. Preheat & Prepare: Preheat your oven to 350°F (175°C). Line the bottom of an 8-inch springform pan with parchment paper and lightly grease the sides.
2. Whisk Wet Ingredients: In a large bowl, whisk together 3 eggs, 1 cup Greek yogurt, 1/2 cup sweetener, 1/4 cup lemon juice, 2 tbsp lemon zest, and 1 tsp vanilla extract until smooth and creamy.
3. Combine Dry Ingredients: In a separate bowl, whisk together 2 cups fine almond flour, 1 tsp baking powder, and 1/4 tsp salt.
4. Fold Batter: Gently fold the dry mixture into the wet ingredients using a spatula until fully incorporated; avoid over-mixing.
5. Bake: Pour the batter into the prepared pan and smooth the top. Bake at 350°F (175°C) on the center rack for 35–40 minutes until the top is golden-brown and a toothpick inserted in the center comes out clean.
6. Cool & Serve: Remove from the oven and let cool in the pan for 20 minutes, then transfer to a wire rack to cool completely before slicing.

Nutrition Facts (Per Serving – Approximate):

- Calories: 210 kcal
- Fats: 14g
- Cholesterol: 75mg
- Sodium: 140mg
- Potassium: 190mg
- Total Carbohydrates: 10g
- Fiber: 3g
- Net Carbs: 7g
- Sugars: 4g
- Protein: 10g
- Calcium: 120mg

Notes:

- Storage & Reheating: Refrigerate in a sealed container for up to 5 days; serve chilled or bring to room temperature for 10 minutes before eating.
- Allergy Info: Contains tree nuts (almonds), eggs, and dairy (Greek yogurt). Use dairy-free Greek-style yogurt if needed.
- Flavor Boost: Top with a dollop of extra Greek yogurt and fresh berries for added freshness and extra protein.