

- Prep Time: 15 minutes
- Cook Time: 50 minutes
- Cooling & Chilling Time: 2 hours 30 minutes
- Total Time: 3 hours 35 minutes
- Yield: 8 slices
- Difficulty / Intensity Level: Low to Medium (Beginner-Friendly)
 - *Intensity Focus:* Achieving proper emulsion when whisking eggs and ensuring a gentle bake using a water bath (or low-temperature oven setting) to prevent surface cracking.

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Equipment Needed

- 8-inch springform pan or round cake pan
- Parchment paper
- Mixing bowls (medium and large)
- Hand mixer or balloon whisk
- Microplane or fine zester
- Citrus juicer
- Fine-mesh sieve

Ingredients

Cake Batter

- 4 large eggs, room temperature (whites and yolks separated)
- 1 ½ cups (360g) Plain Greek Yogurt, whole milk or 2% (strained, low moisture)
- ⅓ cup (80ml) Pure Maple Syrup or liquid honey (or granulated erythritol for a low-carb variation)
- ¼ cup (32g) Cornstarch (or arrowroot starch)
- 2 tablespoons Fresh Lemon Zest (from approx. 2 medium organic lemons)
- ⅓ cup (80ml) Fresh Lemon Juice (strained to remove seeds and pulp)
- 1 teaspoon Pure Vanilla Extract
- ½ teaspoon Baking Powder
- ¼ teaspoon Salt

Optional Dusting & Topping

- 1 tablespoon Powdered Sugar or powdered sweetener (for dusting)
- Fresh Berries (raspberries, blueberries, or sliced strawberries)
- Fresh Mint Leaves for garnish

Step-by-Step Instructions

Step 1: Preparation & Oven Setup

1. Preheat the Oven: Set your oven to 325°F (165°C). Position the oven rack in the center position.
2. Prepare the Pan: Line the bottom and sides of an 8-inch round pan (or springform pan) with parchment paper. Leave a slight overhang around the edges to easily lift the cake out after chilling. Lightly spray the parchment with non-stick cooking spray.

Step 2: Combine the Wet Base

1. In a large bowl, whisk together the 4 egg yolks, maple syrup (or honey), and vanilla extract until pale and slightly frothy (about 1 to 2 minutes).
2. Add the Greek yogurt, lemon zest, and lemon juice. Whisk thoroughly until the mixture

is completely smooth and homogeneous.

Step 3: Integrate Dry Ingredients

1. Sift the cornstarch, baking powder, and salt directly over the Greek yogurt mixture using a fine-mesh sieve to prevent any clumping.
2. Gently whisk until the cornstarch is completely incorporated and no white streaks remain.

Step 4: Whip the Egg Whites (The Secret to Structure)

1. In a separate, clean, and grease-free bowl, place the 4 egg whites.
2. Using a hand mixer on medium-high speed, beat the egg whites until soft-to-medium peaks form (about 3 to 4 minutes). They should hold their shape when the beaters are lifted, but the tips should curl slightly.
3. Gently fold one-third of the whipped egg whites into the yogurt batter using a silicone spatula to lighten the mixture.
4. Add the remaining egg whites in two batches, folding gently in a circular motion from the bottom up until fully combined. Be careful not to deflate the air bubbles, as this gives the flourless cake its lift.

Step 5: Bake to Perfection

1. Pour the smooth batter into the prepared baking pan. Tap the pan gently on the counter twice to release any trapped air bubbles.
2. Bake at 325°F (165°C) for 45 to 50 minutes. The cake is done when the edges are set and golden brown, and the center has a slight, firm jiggle (similar to a cheesecake).
3. Turn off the oven, crack the oven door open slightly, and let the cake sit inside for 15 minutes to adjust to the temperature drop gradually.

Step 6: Cool & Chill

1. Remove the cake from the oven and set it on a wire cooling rack. Allow it to cool completely at room temperature (about 1 hour). The cake will settle slightly as it cools.
2. Transfer the cake to the refrigerator for at least 1.5 to 2 hours to firm up completely before slicing.

Step 7: Serve

1. Carefully lift the chilled cake out of the pan using the parchment paper overhang.
2. Dust the top lightly with powdered sugar, top with fresh berries, and garnish with mint leaves right before serving.

Expert Baking Tips & Variations

- **Greek Yogurt Moisture:** Ensure your Greek yogurt is thick. If using a watery yogurt, strain it through cheesecloth or a coffee filter for 15 minutes before weighing. Excessive liquid will cause the cake to turn soggy.
- **Low-Carb / Keto Option:** Replace the maple syrup with $\frac{1}{3}$ cup of liquid or powdered monk fruit/erythritol, and ensure your yogurt fits your macro goals.
- **Berry Swirl Variation:** Gently fold in $\frac{1}{2}$ cup of fresh raspberries or blueberries right before pouring the batter into the pan for added bursts of flavor.
- **Storage Instructions:** Store any leftovers in an airtight container in the refrigerator for up to 5 days. Serve cold for the best texture.

Nutritional Information

(Calculated per slice based on 8 equal servings using 2% Greek yogurt and maple syrup)

Metric	Amount Per Serving
Calories	115 kcal
Total Fat	3.2 g
<i>Saturated Fat</i>	1.1 g
<i>Trans Fat</i>	0.0 g
Cholesterol	95 mg
Sodium	110 mg
Total Carbohydrate	15.5 g
<i>Dietary Fiber</i>	0.3 g
<i>Total Sugars</i>	10.8 g

Metric	Amount Per Serving
Protein	6.4 g
Vitamin D	0.6 mcg
Calcium	85 mg
Iron	0.5 mg
Potassium	140 mg