

Healthy Lemon Cake



Light, fluffy and just sweet enough, this protein lemon cake is a dessert option approved by our dietitians. Thanks to egg whites and Greek yogurt, it's high in protein, making it ideal for a satisfying snack or a balanced breakfast. Love this recipe? Try our [protein breakfast cake](#) for a delicious change of pace.

Preparation 15 min

Cooking 50 min

Servings 10

Nutrition Facts (per serving)

Calories 160

Fat 5

Carbohydrates 23

Fibre 1

Protein 6

Sodium 200

Ingredients

- 430 ml (1 ¾ cups) all-purpose flour
- 5 ml (1 tsp) baking soda
- 1.25 ml (¼ tsp) salt
- 180 ml (¾ cup) plain Greek yogurt 2%
- 90 ml (6 tbsp) egg whites (about 3 whites)

- 30 ml (2 tbsp) lemon juice
- 5 ml (1 tsp) lemon zest, grated
- 60 ml (¼ cup) unsalted butter, softened
- 5 ml (1 tsp) vanilla extract (optional)

Preparation

1. Preheat the oven to 350°F (180°C). Grease a 23 x 13 cm (9 x 5 in.) loaf pan or line with parchment paper.
2. In a bowl, combine flour, baking soda and salt. Set aside.
3. In a large bowl, beat butter with maple syrup until smooth and creamy.
4. Add egg whites, Greek yogurt, lemon zest, lemon juice and vanilla. Mix well.
5. Add dry ingredients and stir just until combined.
6. Pour batter into the prepared pan and smooth the top with a spatula.
7. Bake for 45 to 50 minutes, or until a toothpick inserted in the centre comes out clean.
8. Let cool in the pan for 10 minutes, then transfer to a wire rack to cool completely.

Notes

Keeps for 4 days in an airtight container in the refrigerator. Can be frozen for up to 3 months once sliced.



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