



THREE INGREDIENTS, ONE BOWL

3-Ingredient Yogurt Cake

Greek yogurt, eggs, and honey. No flour, no butter, no mixer.

8 SLICES · 137 CALORIES EACH

Eleanor Royal

A4 Edition



3-Ingredient Yogurt Cake

Three things in one bowl, and it bakes into something that tastes like a baked custard.

PREP 10 MIN BAKE 50 MIN COOL 2 HR MAKES 8 SLICES EASY

Heat the oven to 350°F. Line an 8-inch round pan with parchment paper, up the sides.

INGREDIENTS

- 2 cups full-fat Greek yogurt, at room temperature
- 4 large eggs, at room temperature
- 1/3 cup honey

BEFORE YOU BAKE FOR A BABY

Never serve honey to a baby under 12 months old. Use the sugar version on page 7 instead.

ELEANOR'S TIP

The sieve is the whole recipe. It catches the stringy egg white that would otherwise show up as a rubbery streak.

HOW TO MAKE IT

- 1 Whisk the eggs and honey until pale and smooth, about 1 minute.
- 2 Whisk in the yogurt until the batter is even. Stop as soon as it is.
- 3 Pour the batter through a fine mesh sieve into another bowl.
- 4 Pour it into the lined pan. Tap the pan on the counter 3 times.
- 5 Bake 45 to 50 minutes, until deeply golden and the center still wobbles.
- 6 Cool 2 hours on the counter, then chill 4 hours before you slice it.

GOOD TO KNOW

Each slice has about 137 calories and 8 g protein. Values are estimates and change with the brands you use.

01



WHISK

Whisk the eggs and honey for a full minute, until pale and a little foamy. Room temperature eggs whisk faster and trap less air.

02



ADD THE YOGURT

Whisk in the yogurt just until the batter is even. Overbeating pulls in air, and air is what makes the top crack.

03



STRAIN

Pour the batter through a fine mesh sieve. What stays behind is stringy egg white. This one step is the difference between silky and rubbery.

04



LINE AND POUR

Line an 8-inch pan with parchment, letting it come up the sides. Pour the batter in. It will be thin, like heavy cream.

05



TAP

Tap the pan on the counter 3 times. The bubbles that rise are the ones that would have left holes in the crumb.

06



BAKE

Bake 45 to 50 minutes at 350°F. The top goes deep golden brown, and the center still wobbles when you nudge the pan. That wobble is correct.

WHAT GOES WRONG

A three ingredient cake has nowhere to hide. Here are 8 things that go wrong, and the fix for each.

What you got	Why	What to do
Rubbery, with a streak through it	The batter was not strained	Always strain. It takes 30 seconds
A big crack across the top	Overbeaten, or the oven was too hot	Whisk only until even. Check the oven with a thermometer
Watery, and it never set	Low-fat or regular yogurt	Full-fat Greek yogurt only. Regular yogurt holds too much water
It sank in the middle	Cut while still warm	Cool 2 hours, then chill 4. It sets as it cools
Pale on top after 50 minutes	Oven runs cool, or the rack was too low	Middle rack. Give it 5 more minutes, watching it
It stuck to the pan	The pan was bare	Parchment up the sides, every time
Eggy smell and taste	Eggs were cold, or too much whisking	Room temperature eggs, and stop whisking early
Too sweet, or not sweet enough	Honey varies a lot by brand	Start at 1/3 cup. Taste the raw batter and adjust
A wet layer at the bottom	The yogurt was not stirred before measuring	Stir the tub to the bottom. The whey sits on top
Browned before it set	Rack too high, or a dark pan	Middle rack, light-colored pan. Tent with foil at 35 minutes

HOW TO TELL IT IS DONE

- ☐ The top is deep golden brown, close to caramel at the edge.
- ☐ The edges are set and pull very slightly from the parchment.
- ☐ The center wobbles as one piece when you nudge the pan, and does not ripple.
- ☐ A knife 1 inch from the edge comes out clean; the middle stays soft.

Almost all of these come back to the same two things: the yogurt you used, and whether you strained. Full-fat Greek, and 30 seconds with a sieve.

KEEPING IT

This cake is a custard, so it belongs in the fridge. It also tastes better on day two, once the honey has settled in.

Where	Wrapping	How long
Counter	Only while it cools, 2 hours	Do not store it there
Fridge	Covered, in the pan or on a plate	4 days
Freezer, whole	Wrapped twice, then foil	2 months
Freezer, sliced	Parchment between the slices, in a bag	2 months

SERVING IT

When	How	Why
Cold, from the fridge	Sliced thin, straight out	This is when it tastes most like cheesecake
Room temperature	Out 30 minutes before	Softer, and the honey comes forward
Warm	300°F for 8 minutes	The top crisps again. Not the classic way, but good
Never	The microwave	It weeps and goes watery

OUT OF THE FREEZER

What	How	Note
Whole cake	Overnight in the fridge, still wrapped	Unwrap it once it is cold, or it sweats
A slice	30 minutes on the counter	It goes soft faster than you expect
In a hurry	20 minutes on the counter, then 5 min at 300°F	The top wakes back up

CUTTING IT CLEAN

- ☐ Chill it all the way through. A warm custard cake tears instead of slicing.
- ☐ Run a long thin knife under hot water and wipe it dry before the first cut.
- ☐ Wipe the blade between every slice. That is what gives a clean edge.

Cold from the fridge is the version most people like best. Sliced thin, it eats like a light cheesecake.



MAKE IT YOURS

- **SUGAR INSTEAD OF HONEY** – swap 1/3 cup honey for 1/3 cup sugar. This is the version for a baby under 12 months
- **LEMON** – add the zest of 1 lemon with the eggs. Brightest change for the least work
- **VANILLA** – add 1 tsp vanilla extract with the eggs
- **CINNAMON** – whisk 1 tsp cinnamon into the yogurt
- **LESS SWEET** – drop the honey to 1/4 cup. The cake sets the same

MAKING MORE, OR LESS

	Half cake	Full cake	Double
Greek yogurt	1 cup	2 cups	4 cups
Eggs	2 large	4 large	8 large
Honey	3 tbsp	1/3 cup	2/3 cup
Pan	6-inch round	8-inch round	2 pans, 8-inch
Bake	35-40 min	45-50 min	45-50 min each

WHAT IS IN A SLICE

CALORIES	PROTEIN	CARBS	FAT
137	8 G	14 G	5 G

Estimates from standard US ingredient values, divided by 8. Your brands will change them.

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ELEANOR ROYAL · AMGROYALFOOD

Thank you for baking from this book. Three ingredients, and it still
tastes like you tried.

Never give honey to a baby under 12 months old. Use the sugar version on page 7.

This book is for baking and for general information only. It is not medical or dietary advice. Nutrition values are estimates. They come from standard US ingredient values, divided by the stated yield. Treat them as a guide, not a label. Needs differ from person to person. Talk to your own healthcare provider about your diet, and take extra care during pregnancy. Eggs and dairy are common allergens.