

Higher-Protein Chocolate Yogurt Cake

33 × 23 cm × 5 cm glass baking dish

12 servings

Bake at 170°C



INGREDIENTS

- 225 g granulated sugar
- 420 g whole-milk Greek yogurt (room temperature)
- 160 g canola oil
- 4 large eggs (200 g without shells)
- 2 tsp vanilla extract
- 30 ml strong espresso, cooled (optional)
- 160 g all-purpose flour
- 30 g milk powder (powdered milk)
- 75 g cocoa powder
- 3 tsp baking powder
- 1/2 tsp fine salt

OPTIONAL CHOCOLATE FROSTING

- 150 g whole Greek yogurt
- 120 g powdered sugar
- 40 g cocoa powder
- 1 T unsalted butter, melted
- 1 tsp vanilla extract
- Pinch salt

INSTRUCTIONS

1. Preheat oven to **170°C**. Grease and line the baking dish with parchment.
2. Whisk **sugar**, **Greek yogurt**, **oil**, **eggs** (by weight if needed), **vanilla**, and **espresso** until smooth.
3. Sift together **flour**, **milk powder**, **cocoa**, **baking powder**, and **salt**.
4. Fold dry ingredients into wet ingredients just until combined. Do not overmix.
5. Pour into prepared dish and level surface.
6. **Bake 30–35 minutes**, until a toothpick comes out clean.
7. Cool completely before frosting.
8. For frosting: whisk all frosting ingredients until smooth and spread over cooled cake.

NUTRITION (per slice, without frosting)

Kcal: 285 | Protein: 8 g | Fat: 15 g | Sat Fat: 3 g | Carbs: 29 g | Sugars: 17 g | Fiber: 2 g | Sodium: 160 mg

CUPCAKE CONVERSION ADD-ON

Yield: 12 standard-size cupcakes

Pan Preparation

- Line a standard 12-cup muffin tin with paper liners.
- Lightly spray liners if desired for easier release.

Filling Level

- Fill each liner about 2/3 full.
- Do not fill 3/4 full — yogurt cakes rise steadily and can dome too high.

Oven Temperature

- Bake at **165–170°C**.
- Lower temperature is recommended due to oven running hot.
- Avoid 180°C or higher to prevent cracked tops and dryness.

Baking Time

- Begin checking at 18 minutes.
- Typical baking time: 18–22 minutes.
- Centers should spring back lightly when pressed.
- A toothpick should come out with a few moist crumbs (not wet batter).
- Do not overbake.

Cooling

- Cool in tin for **5 minutes**.
- Transfer to rack and cool completely before frosting.

Freezing Notes

- Freeze unfrosted cupcakes for best texture.
- Wrap individually once fully cooled.
- Flash freeze 45–60 minutes before wrapping if desired.
- Thaw wrapped in refrigerator overnight.

Frosting Note

- Chill cupcakes 20–30 minutes before frosting for cleaner spread.
- If freezing frosted cupcakes, flash freeze first before wrapping.

Egg Weight Standard

- 4 large eggs ≈ 200 g without shells.
- If using smaller Japanese eggs, whisk and measure by weight to reach 200 g total.