



French Yogurt Cake

8 Servings • 1 Serving = 1 Slice

INGREDIENTS

- 1 teaspoon butter
- 1 cup whole wheat flour
- ½ cup ground almond flour
- 2 teaspoon baking powder
- Pinch salt
- ½ cup sugar
- Zest of 1 orange
- ½ cup plain yogurt
- 3 large eggs
- ¼ teaspoon pure vanilla extract
- ½ cup canola oil
- 1 cup fresh berries
- ½ cup whipped Greek yogurt

DIRECTIONS

1. Preheat oven to 350°F. Butter an 8 ½ x 4 ½" loaf pan, place the pan on a lined baking sheet and set aside.
2. Whisk together the whole wheat flour, ground almonds, baking powder, and salt.
3. Put the sugar and zest in a medium bowl. Rub together with your fingertips, until the sugar is aromatic. Add the yogurt, eggs, and vanilla and whisk until the mixture is very well blended. Stir in the dry ingredients in 2-3 batches. Using a rubber spatula and fold in the oil. Scrape the batter into the pan and smooth the top.
4. Slide the baking sheet into the oven and bake 35-40 minutes or until the cake begins to come away from the sides of the pan. It should be golden brown. Insert a knife in the center of the cake and if it comes out clean, it's cooked through.
5. Transfer the pan to a rack, cool for 5 minutes, then run a blunt knife between the cake and the side of the pan. Remove the bread from the pan and cool on a wire rack until room temperature.
6. Serve with berries and Greek yogurt.

Nutrition Facts

8 servings per container	
Serving size	1 slice
Amount per serving	
Calories	320
	% Daily Value*
Total Fat 21g	27%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 220mg	10%
Total Carbohydrate 29g	11%
Dietary Fiber 3g	11%
Total Sugars 16g	
Includes 13g Added Sugars	26%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 101mg	8%
Iron 1mg	6%
Potassium 101mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Developed by The Children's Hospital of San Antonio

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