

Zucchini Bread Recipes

Baked Yogurt: Simple Healthy Dessert

10 min Prep time	**20 min** Cook time	**30 min** Total time
4 Servings	**Easy** Difficulty	**Mediterranean** Cuisine

Ingredients

Main Ingredients

- [ ] 4 cups full-fat Greek yogurt
- [ ] 3 tbsp honey
- [ ] 1 tsp vanilla extract
- [ ] 1 tsp lemon zest
- [ ] Pinch of sea salt

Topping

- [ ] 1 cup mixed fresh berries (strawberries, blueberries, raspberries)
- [ ] Extra honey for drizzling
- [ ] Optional: 2 tbsp toasted granola

Instructions

1. Preheat the oven to 300°F (150°C). Lightly grease four ramekins.
2. In a bowl, whisk together Greek yogurt, honey, vanilla, lemon zest, and a pinch of salt until smooth.
3. Divide the mixture evenly among the ramekins, smoothing the tops with a spatula.
4. Place the ramekins in a baking dish, pour hot water halfway up the sides, and bake for 20–25 minutes until the surface is lightly golden.
5. Remove from water bath, let cool on a rack for 5 minutes, then top with fresh berries, a drizzle of honey, and optional granola.

Nutrition per serving

210 kcal	12 g	22 g	8 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a firmer texture, let the baked yogurt cool completely before serving.
- A splash of almond milk can be added to the yogurt mixture for extra silkiness.
- For a dairy-free version, substitute coconut yogurt and use maple syrup.