

Lemon-yogurt-olive oil (poppy seed) cake

Let's face it: Cake is never going to qualify as "health-food." But hey – we all fancy cake every now and then; so if you're going to eat it anyway, then go for one that supplies not only delicious flavors and textures, but nutrients, too! Lemon-yogurt cake made with olive oil, rather than butter, is a Greek specialty; it's rich in healthy monounsaturated fats (from olive oil and almonds), protein (from eggs & yogurt), and isn't too high in sugar because I replaced some of it with liquid Stevia. (If you don't like stevia, use $\frac{3}{4}$ cup sugar.) You can add a few poppy seeds to give it a bit more crunch, but it's just as delicious without them. Makes 16 servings

4 tbsp lemon zest from organic, untreated lemons (about 2 lemon's worth of zest; I use the Microplane grater to zest lemons – it produces delicate, fragrant shavings that mix well with the batter)
 $\frac{1}{2}$ cup sugar
 $\frac{1}{2}$ tsp liquid stevia
1 cup low-fat or 0% Greek yogurt
4 tbsp lemon juice (plus another 2 tbsp for glaze)
4 large eggs
 $\frac{1}{2}$ cup olive oil
1 cup all-purpose flour (or GF equivalent, e.g. King Arthur Mills GF flour mix)
 $\frac{1}{2}$ cup ground almonds
2 tsp baking powder
 $\frac{1}{4}$ tsp sea salt
2 tbsp poppy seeds (optional)
 $\frac{1}{4}$ to $\frac{1}{3}$ cup confectioner's sugar

Heat oven to 350 degrees. Slightly grease an brownie tin or 8-inch loaf tin and line with baking parchment.

In a medium mixing bowl, combine lemon zest and sugar and mix for a few seconds with an electric whisk until it looks like wet sand. Beat in yogurt, 4 tbsp lemon juice, eggs and olive oil.

In a separate, larger bowl, whisk together flour, baking powder, salt and poppy seeds (if using). Pour wet ingredients into the bowl with the dry ingredients and whisk until smooth.

Pour batter into prepared pan. Bake until a toothpick inserted in the center emerges clean, about 1 hour. Let cool in pan until warm to the touch, then turn out onto a baking rack set over a rimmed baking sheet.

Whisk together remaining 2 tbsp lemon juice and the confectioners' sugar. Use a pastry brush to spread glaze evenly over top and sides of cake. Cool completely before slicing.

Nutrition information (per serving): Calories 171; Total Fat 11 g; Saturated Fat 2 g; Monounsaturated Fat 7 g; Polyunsaturated Fat 2 g; Total Carbohydrate 14 g; Dietary Fiber 1 g; Sugars 7 g; Protein 5 g.