



LEMON LOAF

Serves 16

INSPIRED BY
STARBUCKS

INGREDIENTS

For the loaf

- 1 box lemon cake mix (15.25 oz/432 g)
- 1 c plain nonfat Greek yogurt (255 g)
- 3 large eggs (150 g)
- 1/2 c unsweetened applesauce (120 g)
- 30 g vanilla or lemon protein powder
- Zest of 1 lemon (optional)
- 2 Tbsp lemon juice (30 ml/about 1 lemon)

For the glaze

- 1/4 c powdered zero calorie sweetener (30 g)
- 1 Tbsp lemon juice (15 ml)

DIRECTIONS

- 1 Make the loaf:** Preheat oven to 350°F (175°C). Spray 2 9x4-inch (20x10 cm) loaf pans with nonstick spray or line with parchment
- 2** In a large bowl, mix lemon cake mix, Greek yogurt, eggs, applesauce, protein powder, lemon juice, and lemon zest (if using) until smooth.
- 3** Pour batter evenly into the prepared pans and smooth the top.
- 4** Bake for 35–40 minutes or until a toothpick inserted in the center comes out clean.
- 5** Let cool in the pan for 10 minutes, then transfer to a wire rack.
- 6** Meanwhile, **make the glaze:** In a small bowl, mix powdered monk fruit with lemon juice until smooth.
- 7** Once loaves are mostly cooled, drizzle glaze evenly over each. Let set before slicing each loaf into 8 equal slices.

FACTS

Prep time: 10 min

Cook time: 35 min

Total time: 45 min

MFP: "FFC Lemon Loaf"

1 serving: 2.2 oz/62 g

145 Calories

5P | 4F | 24C