



Have Your Cake and Eat it Too

Pistachio & Yogurt Cake

From the 'Large Cakes' chapter of *Have You Cake And Eat It Too*, this fabulous recipe uses light olive oil and low-fat yogurt instead of butter, so keeping the fat content healthy and low. Very simple to make, this cake is beautiful served with a side order of fruit and a dollop or topping of low-fat crème fraîche or Greek yogurt.

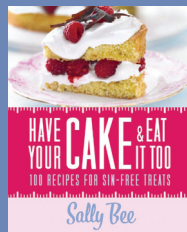


- 1 Preheat the oven to 160°C/315°F/Gas mark 2–3.
- 2 Oil a 23cm (9in) spring form cake tin with a little light olive oil or use some low-fat spread.
- 3 Start by finely grinding the pistachios in a food processor, then set aside.
- 4 Using a free-standing electric mixer, beat the eggs and the sugar together until very pale and thick. This will take about 5 minutes, so be patient with it!
- 5 Next, gently mix in the yogurt and olive oil.
- 6 Now, sift in the flour and fold in using a spatula, then add the ground pistachios.
- 7 Pour the mixture into the prepared tin and bake for 40 minutes or until a skewer inserted into the centre of the cake comes out clean. Allow to cool in the tin for 10 minutes, then turn out onto a wire rack to cool.

Ingredients

Serves 10

- Light olive oil or low-fat spread, for oiling or greasing
- 140g (5oz) shelled, unsalted pistachio nuts
- 4 eggs
- 175g (6oz) caster sugar
- 150g (5½oz) plain low-fat yogurt
- 75ml (3fl oz) light olive oil
- 115g (4oz) self-raising flour



Have Your Cake and Eat it Too by Sally Bee

Hardback: 192 pages

Publisher: HarperCollins

ISBN: 9780007420155

Photography © David Munns, 2011 Text © Sally Bee, 2011

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