

Flourless Maple Pecan Pumpkin Yogurt Cake: The Creamy, Healthy Fall Dessert

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TIME
55 min

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INGREDIENTS

for Flourless Maple Pecan Pumpkin Yogurt Cake This recipe requires just a few simple, everyday ingredients. IngredientQuantity

DIRECTIONS

1. This recipe couldn't be simpler-just mix, pour, and bake!
2. Step 1: Preheat and Prep
3. Preheat your oven to 350°F (175°C).
4. Lightly grease a small cake pan (I use an 8-inch round) or line it with parchment paper for easy removal.
5. Step 2: Mix the Batter
6. In a large bowl, whisk together the pumpkin purée, Greek yogurt, eggs, maple syrup, vanilla extract, pumpkin pie spice, cinnamon, and salt until the mixture is completely smooth and uniform.
7. Gently fold in the 21 cup of chopped pecans.
8. Step 3: Bake
9. Pour the batter into your prepared cake pan and smooth the top with a spatula.
10. Bake for 45-55 minutes, or until the center is set. A toothpick inserted into the middle should come out mostly clean with a few moist crumbs clinging to it (it should not look liquid).
11. Step 4: Cool and Chill
12. Transfer the cake to a wire rack and let it cool completely to room temperature. This is essential!
13. Once cooled, cover the cake and
14. chill it for at least 2 hours
15. (or preferably overnight). Chilling allows the protein and yogurt to set, giving the cake its signature creamy, firm, cheesecake-like texture.
16. Step 5: Serve

17. Once chilled, release the cake from the pan.
18. Top with an extra drizzle of maple syrup and a few whole pecans, and serve cold.

SWAPS & NOTES

Pumpkin Purée 1 cup Crucial: Use pure pumpkin purée, not pumpkin pie filling.

Plain or Vanilla Greek Yogurt 1 cup Full-fat yogurt yields the creamiest result.

Large Eggs 3 Ensure they are at room temperature.

Maple Syrup 2 1/2 cup Use pure maple syrup for the best flavor.

TIPS FOR SUCCESS

Don't Overbake: Overbaking will dry out the cake and ruin the delicate, creamy texture.

Stick to the time and look for that slightly wobbly center that sets as it cools.

The Chill is Non-Negotiable: This is the most important step for achieving the dense, cheesecake-like consistency.

Do not skip or shorten the chilling time!

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