

DESSERT

# Glazed Lavender Tea Cake

16 September 2026

| TOTAL TIME | SERVES | PER SERVING | CALORIES |
|------------|--------|-------------|----------|
| 45 min     | 10     | \$0.40      | 250 kcal |

Glazed Lavender Tea Cake takes approximately 45 minutes from beginning to end. One serving contains 264 calories, 6g of protein, and 7g of fat. This recipe serves 10 and costs 40 cents per serving.

## Ingredients

|                                                                            |                                                                             |
|----------------------------------------------------------------------------|-----------------------------------------------------------------------------|
| <input type="checkbox"/> 1 teaspoon baking powder                          | <input type="checkbox"/> ¼ teaspoon baking soda                             |
| <input type="checkbox"/> 1 large egg                                       | <input type="checkbox"/> 1 large egg white                                  |
| <input type="checkbox"/> 1 cup plain fat-free yogurt                       | <input type="checkbox"/> 1¾ cups all-purpose flour                          |
| <input type="checkbox"/> 1 cup granulated sugar                            | <input type="checkbox"/> 2 tablespoons finely chopped fresh lavender leaves |
| <input type="checkbox"/> 1/3 cup sifted powdered sugar                     | <input type="checkbox"/> ¼ teaspoon salt                                    |
| <input type="checkbox"/> 5 tablespoons butter or stick margarine, softened | <input type="checkbox"/> ¼ teaspoon vanilla extract                         |
| <input type="checkbox"/> ½ teaspoon vanilla extract                        | <input type="checkbox"/> 1 teaspoon water                                   |

EQUIPMENT Frying pan, Oven, Knife, Wire rack, Blender, Loaf pan, Measuring cup

## Method

- 1 Preheat oven to 35
- 2 To prepare cake, beat granulated sugar, butter, and 1/2 teaspoon vanilla at medium speed of a mixer until well-blended (about 5 minutes).

- 3 Add egg and egg white, 1 at a time; beat well after each addition. Lightly spoon flour into dry measuring cups; level with a knife.
- 4 Combine flour, baking powder, baking soda, and salt; stir well.
- 5 Add flour mixture to sugar mixture alternately with yogurt, beginning and ending with flour mixture. Stir in lavender.
- 6 Pour the batter into an 8-inch loaf pan coated with cooking spray.
- 7 Bake at 350 for 1 hour or until a wooden pick inserted in center comes out clean.
- 8 To prepare glaze, combine powdered sugar and remaining ingredients.
- 9 Spread over hot cake. Cool in pan 20 minutes on a wire rack; remove from pan. Cool completely on wire rack.

### Nutrition per serving

| 250           | 5 g     | 7 g | 43 g                        |
|---------------|---------|-----|-----------------------------|
| KCAL          | PROTEIN | FAT | CARBS                       |
| Saturated Fat |         |     | 1.5 g · 9% of daily needs   |
| Fibre         |         |     | 0.6 g · 2% of daily needs   |
| Sugar         |         |     | 25.9 g · 29% of daily needs |
| Sodium        |         |     | 230 mg · 10% of daily needs |
| Cholesterol   |         |     | 19.1 mg · 6% of daily needs |

Adapted from My Recipes. Find this recipe, ratings and more ideas at [whatsheate.com/glazed-lavender-tea-cake-142991](https://whatsheate.com/glazed-lavender-tea-cake-142991)