

Easy Tres Leches Cake Recipe

Prep Time: 25 minutes

Cook Time: 35 minutes

Chill Time: 3 hours

Total Time: 4 hours

Servings: 12 slices

Ingredients

For the Cake:

- 1 cup all-purpose flour
- 1 ½ tsp baking powder
- ¼ tsp salt
- 5 large eggs, separated
- 1 cup sugar, divided
- ⅓ cup whole milk
- 1 tsp vanilla extract

For the Milk Mixture:

- 1 can (12 oz) evaporated milk
- 1 can (14 oz) sweetened condensed milk
- ½ cup heavy cream

For the Topping:

- 1 cup heavy cream
- 3 tbsp powdered sugar
- ½ tsp vanilla extract
- Cinnamon or cocoa powder, for garnish

Instructions

- 1. Preheat & Prepare:**
Set the oven to 350°F (175°C). Grease and flour a 9x13-inch pan.
- 2. Mix the Dry Ingredients:**
Combine flour, baking powder, and salt in a bowl.
- 3. Beat the Egg Yolks:**
In another bowl, beat yolks with ¾ cup sugar until pale. Add milk and vanilla.
- 4. Whip Egg Whites:**
Beat whites until soft peaks form, then add remaining sugar and beat until stiff.
- 5. Combine & Bake:**
Fold yolk mixture into the whites, then fold in dry ingredients gently. Pour into pan and bake for 30–35 minutes until golden and springy.
- 6. Soak with Three Milks:**
Cool the cake. Pierce all over with a fork and slowly pour the milk mixture, letting it absorb fully.
- 7. Top & Chill:**
Whip the cream with sugar and vanilla until fluffy. Spread over chilled cake. Garnish with cinnamon or cocoa. Chill for at least 3 hours before serving.

Health Benefits

- Provides calcium and protein from milk and eggs.
- Moderate sugar content compared to frosted cakes.
- Good source of energy, making it an ideal celebration dessert.

Nutrition (Per Serving)

- Calories: 285
- Protein: 7g
- Carbohydrates: 36g
- Fat: 12g
- Sugar: 28g
- Calcium: 140mg
- Cholesterol: 115mg

Pro Tips

- For a lighter texture, don't overmix the batter once you fold the dry ingredients.
- Chill the cake overnight for deeper milk absorption and better flavor.
- Use freshly whipped cream instead of store-bought frosting for authenticity.
- Dust with cocoa or top with sliced strawberries for presentation.