

Healthier Cassata Cake with Ricotta

Servings: 10 slices

Prep Time: 30 mins

Cook Time: 25 mins

Chilling Time: 4 hrs

Total Time: 5 hrs

Calories per slice: 270 kcal

Ingredients

For the Sponge (8-inch / 20 cm round):

- 4 large eggs
- 80 g raw honey
- 60 g erythritol or xylitol
- 80 g light extra-virgin olive oil
- 1 tsp vanilla extract
- Zest of 1 lemon + ½ orange
- 90 g cake flour
- 40 g almond flour
- 1 tsp baking powder
- Pinch of sea salt

For the Ricotta Filling:

- 250 g part-skim ricotta, drained overnight
- 150 g 0% Greek yogurt
- 40 g raw honey
- 30 g dark chocolate chips (70%)
- Zest of ½ orange
- ⅛ tsp cinnamon

For the Syrup Brush:

- 40 ml warm espresso
- 20 ml marsala (optional) or more espresso
- 1 tsp honey

Optional Marzipan Curtain:

- 100 g blanched almond flour
- 50 g powdered erythritol
- 25 g aquafaba (chickpea brine)
- 2 drops natural green color (spinach powder)

Instructions

Step 1: Prep the Ricotta

Line a sieve with cheesecloth, add ricotta, and refrigerate 2–4 hours (or overnight) to remove excess moisture.

Step 2: Bake the Olive Oil Sponge

1. Preheat oven to 175°C / 350°F. Line an 8-inch round pan with parchment.
2. Whisk eggs, honey, erythritol, vanilla, and zest for 6 minutes until pale and airy.
3. Sift in dry ingredients in halves, folding gently after each addition.
4. Fold in olive oil, pour into pan, and bake 23–26 minutes. Cool completely.

Step 3: Mix the Filling

Beat ricotta, yogurt, honey, zest, and cinnamon until smooth. Fold in chocolate chips.

Step 4: Assemble the Cake

1. Slice sponge horizontally into two layers.
2. Place one layer in a springform pan, brush with half the espresso syrup.
3. Spread the ricotta filling evenly.
4. Brush the second layer with remaining syrup, place on top.
5. Cover and chill at least 4 hours or overnight.

Step 5: Optional Marzipan Layer & Glaze

Mix marzipan ingredients, roll thin, and wrap around the cake edge.

For a glaze, whisk 60 g powdered erythritol with 1 tbsp lemon juice and pour over top.

Step 6: Decorate & Serve

Top with fresh berries, mint leaves, or unsweetened coconut flakes.

Slice and serve slightly chilled for best texture.

Serving Tips & Pairings

- Pair each slice with a shot of espresso or a small glass of Prosecco.
- Serve chilled, not cold, let the cake rest 20 minutes before slicing.
- Cut into ten wedges and halve each one for elegant, balanced portions.

Seasonal Variations

- **Spring:** Fold in diced strawberries instead of chocolate.
- **Summer:** Add 1 tbsp limoncello to syrup, garnish with mint.
- **Autumn:** Use mandarin zest and chopped pistachios.]
- **Winter:** Add ½ tsp cardamom and top with pomegranate seeds.

Storage

- Keeps 4 days refrigerated under a dome.
- Freeze single slices for up to 1 month; thaw 30 minutes before serving.

Nutrition (per slice)

- **Calories:** 270 kcal
- **Fat:** 14 g
- **Saturated Fat:** 5 g
- **Carbohydrates:** 22 g
- **Fiber:** 3 g
- **Sugars:** 12 g
- **Protein:** 9 g
- **Sodium:** 280 mg