GLOBAL · DESSERT · SNACK

# Chocolate Banana Oatmeal Cake (No Added Sugar)

60 min · plus cooling  Makes 8 × 1 piece (1/8 cake)  208 kcal a portion

Video 4:28 · Healthy Desserts by Magda

Vegetarian

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Sweetened only with ripe banana and a no-added-sugar chocolate glaze, and built on whole oats and cocoa: each piece has over 5 g fibre and about 20 g net carbs.

## Ingredients

11 · MAKES 8 × 1 PIECE (1/8 CAKE)

- [ ] 1¼ cups **rolled oats**
- [ ] 1 cup **hot milk** (or plant milk)
- [ ] 2 **ripe bananas** (7 oz peeled)
- [ ] 2 **eggs**
- [ ] a pinch of **salt**
- [ ] 1 oz (4 tbsp) **cocoa powder**
- [ ] 5 g (1 tsp) **baking powder**
- [ ] a little **butter**, to grease the dish
- [ ] chopped **nuts**, to decorate (optional, about 1½ oz)
- [ ] 3½ oz **dark chocolate** with no added sugar, for the glaze
- [ ] 3½ tbsp **hot plant milk**, for the glaze

Amounts in US units, converted from the cook's and rounded — the video has the originals.

**Contains:** Gluten, Egg, Milk, Tree nuts. Check labels on stock, sauces and spice mixes.

## Method

TIMES = THE MOMENT IN THE VIDEO

1. Pour the hot milk over the oats, stir and leave to soak for 10 minutes. Heat the oven to 360°F. 0:02
2. Mash the bananas in a bowl, then whisk in the eggs and a pinch of salt. 0:19
3. Add the cocoa and baking powder and whisk until smooth. 1:01
4. Add the soaked oats with their milk and mix well. 1:24
5. Grease a 9 × 6 inch baking dish with butter, spread in the batter and scatter chopped nuts over the top if you like. 1:45
6. Bake for 35–40 minutes, until set in the middle. Leave to cool. 2:24
7. For the glaze, pour the hot plant milk over the chopped chocolate and stir until smooth and glossy. 2:32
8. Pipe or drizzle the chocolate over the cake in thin lines, let it set, then cut into 8 pieces. 2:52

> **Tip** Choose a no-added-sugar chocolate sweetened with stevia or erythritol (not maltitol), or use 85% dark chocolate. Serves 8 is our estimate for the 9 × 6 inches dish.

The method is a summary in our words — the video shows every step.

## One portion, 1 piece (1/8 cake), gives you

1 OF 8 · ESTIMATE

| ENERGY | PROTEIN | CARBOHYDRATE | FIBRE | FAT | SODIUM |
|---|---|---|---|---|---|
| **208** kcal<br>870 kJ | **7.3** g<br>15% of a day | **28** g<br>20 g net · 5.3 g sugars<br>10% of a day | **8.3** g<br>29% of a day | **11** g<br>4.2 g saturated<br>14% of a day | **130** mg<br>6% of a day |

**Energy from** net carbs 38% · protein 14% · fat 48%

**High in** (20%+ of a day) Omega-3 31%

**Source of** (10–19%) Selenium 18% · Magnesium 17% · Iron 14% · Zinc 13% · Vitamin B12 13% · Vitamin B6 10%

**Recipe and video:** Healthy Desserts by Magda (@HealthyDessertsbyMagda) on YouTube — youtube.com/watch?v=AFC52eKyidA, published 14 March 2022. All credit for the recipe goes to the cook; please watch and support their channel.

**By Notbroken:** the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/chocolate-banana-oatmeal-cake