

CHOCOLATE BANANA OAT DELIGHT



Satisfy your sweet cravings guilt-free with this incredible dessert that's not only delicious but also gluten-free, sugar-free, and butter-free! This Oats, Cocoa, and Banana dessert is a delightful combination of wholesome ingredients that make for a guilt-free indulgence. Packed with the goodness of rolled oats, ripe bananas, and a touch of rich cocoa, this dessert is sure to become if you are seeking a healthier treat. Plus, with no added sugar or butter, it's a win-win for both taste and nutrition.

 10 minutes 25 minutes 8 portions

INGREDIENTS

- 120 grams of porridge oats.
- 250 grams of milk, soya, non-dairy alternative , unsweetened.
- 2 medium ripe bananas.
- 2 tbsps of ground flaxseed [21 g]
- 45 grams of cocoa powder
- Pinch of salt
- 1 tbsp of baking powder
- 40 grams of walnuts, kernel only
- 50 grams of chocolate, dark, 70-85% cacao solids
- 1 tsp of oil, coconut [5 g]

COOKING METHOD

- 1° Combine 1½ cups of rolled oats with 1 cup of hot milk. Let soak for 10 minutes. Blend or grind 2 tbsps of flaxseed and combine with 6 tbsps of water. Let soak for 10 minutes. This is your egg substitute.
- 2° In a bowl, mash 2 ripe bananas and fold in the flaxseed mixture. Tip: The riper the bananas, the sweeter the dessert.
- 3° Stir 4 tbsp of cocoa, a pinch of salt, and 1 tbsp of baking powder into the banana mixture. Tip: Sift the cocoa to avoid lumps and get that smooth batter.
- 4° Finely chop 40 g of walnuts. Tip: Toast them lightly for a deeper, nuttier flavour.
- 5° Combine All Ingredients - Mix the soaked oats into the banana-cocoa mixture, then fold in the chopped walnuts. Tip: Don't overmix — a gentle stir keeps the texture tender.
- 6° Preheat the Oven - Set your oven to 180°.
- 7° Pour the batter into a lined baking dish or loaf tin and bake for 35-40 minutes. Tip: Use a parchment lining for easy removal and clean slicing.
- 8° When cooked, melt 75 g dark chocolate in a double boiler or microwave. Tip: Stir in a teaspoon of coconut oil for an ultra-glossy finish.
- 9° When cooled, drizzle the melted chocolate generously over the top. Tip: Add a sprinkle of chopped walnuts for a pretty presentation.
- 10° Cool and Serve. Let it cool for 10–15 minutes before slicing. Tip: Enjoy warm for gooey comfort or chilled for a firmer bite of place in fridge for 60mins for a crunchy chocolate texture.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (98 g)	% DRI
ENERGY	206 kcal	203 kcal	10 %
PROTEIN	6 g	6 g	11 %
CARBOHYDRATE	23 g	23 g	9 %
SUGARS	5 g	5 g	6 %
FAT	11 g	11 g	15 %
FATTY ACIDS, TOTAL SATURATED	4 g	3 g	17 %
FIBER	4 g	3 g	14 %
SODIUM	478 mg	470 mg	20 %