

Sugar Free Mosaic Cake

Easy sugar-free mosaic cake with bananas, oats, and cocoa. No-bake healthy dessert ready in 2 hours. Perfect guilt-free treat for diet-conscious dessert lovers.

15 min

PREP

15 min

TOTAL

4

SERVINGS

Medium

DIFFICULTY

Ingredients

- 3 cup oat
- 1 cup milk
- 2 banana
- 5 tbsp cocoa powder
- 0.75 cup molasses

Instructions

1 Prepare the oat base

Heat 3 cups milk in a small saucepan over medium heat until warm but not boiling, about 3-4 minutes. Place 1 cup oats in a bowl and pour the warm milk over them. Let soak for 10-15 minutes until the oats are softened and have absorbed most of the liquid.

2 Make the chocolate banana mixture

Peel and mash 2 bananas in a separate bowl using a fork until smooth and creamy with no large lumps remaining. Add 5 tablespoons cocoa powder and mix thoroughly until well combined and no dry cocoa powder is visible.

3 Add 0.75 cup molasses to the banana-cocoa mixture and stir until completely incorporated and the mixture is uniform in color.

4 Combine all ingredients

Add the soaked oats along with any remaining liquid to the chocolate-banana mixture. Using a spatula, fold together (gently mix by lifting and turning the mixture over itself) until all ingredients are evenly distributed and no streaks remain.

5 **Shape the cake**

Transfer the mixture onto a large piece of plastic wrap. Shape into a log about 2 inches thick, pressing gently to remove air pockets. Wrap tightly in the plastic wrap, twisting the ends to seal completely.

6 Place the wrapped log in the freezer for 1-2 hours until firm to the touch but not completely frozen solid.

7 **Slice and serve**

Remove from freezer and let stand at room temperature for 10-15 minutes to soften slightly. Unwrap and use a sharp knife to slice into 1/2-inch thick rounds. Serve immediately or store wrapped in the refrigerator for up to 3 days.

Tips

Use very ripe bananas with brown spots for maximum natural sweetness and easier mashing.

Don't let the milk boil when heating - just warm it enough to soften the oats without cooking them.

Mash bananas thoroughly to ensure even distribution throughout the cake and prevent large chunks.

Wrap the mixture tightly in plastic wrap to prevent ice crystals from forming during freezing.

Let the cake rest at room temperature for 10-15 minutes before slicing for cleaner cuts.

Use a sharp knife dipped in warm water between cuts for the cleanest slices.

Taste the mixture before freezing and adjust sweetness with additional molasses if needed.

Store leftover slices individually wrapped for convenient grab-and-go healthy treats.