

Şekersiz Mozaik Pasta

Sugar-free Turkish mosaic cake with oats, banana, and cocoa. Healthy, low-carb dessert ready in 15 minutes. Perfect for tea time!

15 min

HAZIRLIK

15 min

TOPLAM

4

PORSİYON

Medium

ZORLUK

Şekersiz Mozaik Pasta

Malzemeler

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

Yapılışı

- Prepare the oat base**

Heat 1 cup milk in a small saucepan over medium-low heat until warm but not boiling, about 2-3 minutes. Pour the warm milk over 3 cups oats in a large bowl and stir to combine. Let stand for 10 minutes until the oats are softened and have absorbed most of the milk.
- Make the chocolate mixture**

Peel and mash 2 bananas in a medium bowl using a fork until completely smooth with no lumps remaining. Add 5 tablespoons cocoa powder and stir until well combined and no dry cocoa remains visible.
- Add sweetener**

Pour 0.75 cup fruit syrup into the chocolate-banana mixture and stir thoroughly until the mixture is uniform in color and consistency.
- Combine ingredients**

Add the softened oat mixture to the chocolate mixture and fold together using a large spoon or spatula until all ingredients are evenly distributed and no streaks remain.
- Shape the mixture**

Transfer the mixture onto a large sheet of plastic wrap. Use the plastic wrap to help shape the mixture into a tight log about 8 inches long, twisting the ends of the wrap to seal.
- Chill and serve**

Refrigerate the wrapped log for 2-3 hours until firm to the touch. Unwrap and slice into 1-inch thick rounds using a sharp knife. Serve immediately or store covered in the refrigerator for up to 3 days.

İpuçları

Use very ripe bananas for maximum natural sweetness and easier mashing. The brown spots on the peel indicate optimal sugar content.

Warm the milk gently - don't let it boil as this can affect the texture of the oats and make them too mushy.

When wrapping in plastic wrap, press firmly to remove air bubbles and create a compact shape that's easier to slice.

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

Use a sharp knife dipped in warm water between cuts to prevent the cake from sticking and crumbling.

For extra richness, add a tablespoon of nut butter like almond or peanut butter to the mixture.

Taste the mixture before chilling and adjust sweetness with stevia or additional fruit syrup if needed.

Line your work surface with parchment paper when shaping to prevent sticking and make cleanup easier.