

## Easy No Flour, No Sugar Oat Cake That's Soft, Healthy, and Satisfying

Here is what you will need for this oat cake:



NO FLOUR, NO SUGAR OAT CAKE

**Ingredients:**

- 2 ripe bananas
- 2 tbsp raisins
- 2 tbsp cocoa powder
- 2 eggs
- 1 tsp baking powder
- 1 cup oats (about 90 g)
- 5 tbsp yogurt or sour cream
- 1 apple
- 1 tsp pumpkin seeds
- 2 tsp walnuts

**OVEN**  
**350°F**

**TIME**  
**30 to 35 min**

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**SAVE**  
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### INGREDIENTS

- 2 cups rolled oats
- 2 ripe bananas
- 2 eggs
- 1/2 cup milk
- 1 apple, grated or finely chopped
- 1 teaspoon baking powder
- 1 teaspoon cinnamon
- 1 teaspoon vanilla extract
- Pinch of salt
- 1/4 cup chopped nuts or raisins, optional

### DIRECTIONS

1. Preheat the oven: Preheat your oven to 350°F. Lightly grease a loaf pan or small square baking dish, or line it with parchment paper.
2. Blend or process the oats: If you want a smoother cake texture, pulse the oats in a blender or food processor until they resemble coarse flour. If you prefer a more rustic texture, you can leave some or all of the oats whole.
3. Mash the bananas: In a large bowl, mash the ripe bananas until mostly smooth.
4. Mix the wet ingredients: Add the eggs, milk, grated apple, and vanilla extract to the mashed bananas. Stir until well combined.
5. Add the dry ingredients: Stir in the oats, baking powder, cinnamon, and salt. Mix until everything is evenly incorporated. Fold in nuts or raisins if using.
6. Transfer to the pan: Pour the batter into your prepared baking dish and smooth the top.
7. Bake: Bake for 30 to 35 minutes, or until the top is set and a toothpick inserted into the center comes out clean.
8. Cool and serve: Let the cake cool in the pan for at least 10 to 15 minutes before slicing. This helps it firm up and makes it easier to cut cleanly.

### SWAPS & NOTES

This recipe is easy to adjust based on your taste and what you have on hand.

If you want a dairy-free version, use almond milk or oat milk in place of regular milk.

If you prefer extra sweetness, a few chopped dates or raisins can add more natural flavor without needing refined sugar.

Bananas help bind the batter and add moisture, so make sure they are ripe.

## TIPS FOR SUCCESS

Use ripe bananas for the best natural sweetness.

Under-ripe bananas will not give the cake the same flavor or moisture.

If your bananas are spotty and soft, that is perfect.

Since there is no flour, the texture is naturally more tender and moist.

**More recipes: [ChefManiac.com](https://chefmaniac.com)**

Original recipe: <https://chefmaniac.com/easy-no-flour-no-sugar-oat-cake-thats-soft-healthy-and-satisfying/>