



Sugar free Oats with choco cup cakes

Cooking time:
15 min

Serves:
3-4 mini cup cakes



Expert comments:

- With the same recipe, you can make brownie and add nuts as toppings
- You may add ragi flour also with oats flour

Additional tips:

- Avoid pastries as they contain dairy cream based toppings
- This cream may not lead to sugar spike directly after 2 hours of consumption as fats takes longer time to get digested in the body
- But it may lead to spikes later which can go unnoticed
- Also, dairy creams are sources of saturated fats which are to be blamed for clogging arteries and hence its use should be minimized





Sugar free

Oats with choco cup cakes

Comparison of nutrition values
(One serving: 3-4 mini cup cakes)

Normal maida
based cup cakes

Sugar free oats
cup cakes



Calories	167	Calories	122
Carbs	27.1	Carbs	13.6
Proteins	3.2	Proteins	3.9
Fats	4.9	Fats	5.5
Fiber	0.4	Fiber	3.0

