

# French Cuisine

MADE SIMPLE

## *French Breakfast Brownie*

### *Tortilla aux légumes*

 6 people

 10 mins prep time

 40 mins total time

 Easy

## INGREDIENTS

- 2 eggs
- 1  $\frac{3}{4}$  cup (150 g) quick oats
- $\frac{1}{2}$  cup (30-40 g) unsweetened cocoa powder
- 1 cup (220 mL) of milk of your choice
- $\frac{1}{2}$  tsp baking powder
- 3-4 tablespoons of maple syrup (or sugar)
- 2 ripe bananas, smashed
- 1 tablespoon of vanilla
- Hand full of chopped chocolate and pecans/walnuts
- Optional: 2-3 tablespoons of extra sugar if preference is more on the sweet side.



## DIRECTIONS

1. Preheat the oven to 350 °F (180 °C)
2. In a bowl whisk the eggs.
3. Add the oatmeal, cocoa powder, milk, maple syrup, vanilla and optional added sugar (if desired).
4. Fold the banana into the batter.
5. Butter/oil a small mold, or muffin cups, with you preferred oil or butter.
6. Pour the batter into the mold and level out.
7. Top with chopped chocolate and nuts.
8. Cook for about 30 mins until the knife comes out clean from the center. It might seem a little uncooked but it will harden a later.
9. Let the brownie sit for 30 minutes to harden a bit.
10. Serve for breakfast, dessert, or a snack!
11. Once cooled down, refrigerate. Brownie can be reheated before eating so it is soft and gooey.
12. Preserves for 5 days in the refrigerator.

*Bon Appetit!*  
*Emilie Anne* 

