KIKKOMAN

Air fryer oats, salted caramel & nuts

Total time **25 mins** **10 mins** preparation time **15 mins** cooking time

Nutritional facts (per portion):
1,960 kJ / 470 kcal

Fat: **18 g** Protein: **17 g**
Carbohydrates: **66 g**

INGREDIENTS

2 portion(s)

Oats:

100 g	rolled oats
250 ml	almond milk
1 tbsp	peanut butter
1 tbsp	Kikkoman Naturally Brewed Less Salt Soy Sauce
40 g	dried dates

Toppings:

20 g	dark chocolate
15 g	peanuts, chopped

Caramel:

30 g	dried dates
1 tsp	peanut butter
3 tbsp	Kikkoman Naturally Brewed Less Salt Soy Sauce
2 tbsp	water

PREPARATION

Step 1

100 g rolled oats - **250 ml** almond milk - **1 tbsp** peanut butter - **1 tbsp** Kikkoman Naturally Brewed Less Salt Soy Sauce - **40 g** dried dates
Blend the oats, almond milk, peanut butter, Kikkoman Less Salt Soy Sauce and dates until smooth and creamy. Pour the mixture into two air fryer-safe dishes and level the surface.

Step 2

20 g dark chocolate - **15 g** peanuts, chopped
Break the chocolate into pieces and place on top of the oat mixture. Scatter over the chopped peanuts. Air fry at 180 °C for 12–15 minutes until the top is lightly crisp and the centre soft.

Step 3

30 g dried dates - **1 tsp** peanut butter - **3 tbsp** Kikkoman Naturally Brewed Less Salt Soy Sauce - **2 tbsp** water
Blend the dates with the peanut butter and Kikkoman Less Salt Soy Sauce until smooth. Gradually add the water while blending until you achieve a glossy caramel with a slightly runny consistency. Once the oats are cooked, pour the caramel over them and serve warm.