KIKKOMAN

Oat pudding with blueberries and date caramel

Total time **40 mins** **10 mins** preparation time **30 mins** cooking time

Nutritional facts (per portion):
2,615 kJ / 625 kcal

Fat: **19.5 g** Protein: **19.3 g**
Carbohydrates: **100.2 g**

INGREDIENTS

2 portion(s)

100 g	oat flakes
200 ml	almond milk
2	eggs
1 tbsp	honey
0.25 tsp	rapeseed oil to grease the mold
0.5 cup	frozen blueberries

Date caramel:

120 g	fresh, pitted dates
50 ml	hot water
1 tbsp	peanut butter
0.5 tsp	cocoa
1 tbsp	Kikkoman Naturally Brewed Soy Sauce

PREPARATION

Step 1

Preheat the oven to 190 degrees.

Step 2

Heat the almond milk in a saucepan. Pour in oat flakes and leave it for 5-7 minutes.

Step 3

Separate the eggs. Mix the egg yolks with honey and beat the egg whites until stiff. Mix the oat flakes with the yolks, then add the whipped whites and mix gently but thoroughly.

Step 4

Grease a heat-resistant dish with a diameter of 18 cm with oil and pour the oat batter into it. Put the blueberries on top. You can use other fresh or frozen fruit or jam. Put in a preheated oven and bake it for about 30 minutes.

Step 5

Meanwhile, prepare the caramel. Mix hot water with cocoa, add the dates and set aside for 5 minutes. After this time, use a blender to puree them smoothly with peanut butter and Kikkoman soy sauce.

Step 6

Serve the baked pudding with date caramel.