KIKKOMAN

Whole grain fruit crumble

Total time **45 mins** **15 mins** preparation time **30 mins** cooking time

Nutritional facts (per portion):
3,217 kJ / 769 kcal

Fat: **37 g** Protein: **15 g**
Carbohydrates: **85 g**

INGREDIENTS

2 portion(s)

1	apple
2	bananas
150 g	raspberries
130 g	quick oats
40 g	almond flour
40 ml	maple syrup
40 g	coconut oil
1 tsp	vanilla seeds
1 tbsp	Kikkoman Naturally Brewed Less Salt Soy Sauce
100 ml	vegan yogurt
	Fresh mint to serve

PREPARATION

Step 1

1 apple - **2** bananas - **150 g** raspberries
Preheat oven to 180° C. Dice the apple and slice the bananas. Mix with the raspberries in a heatproof dish.

Step 2

130 g quick oats - **40 g** almond flour - **40 ml** maple syrup - **40 g** coconut oil - **1 tsp** vanilla seeds - **1 tbsp** Kikkoman Naturally Brewed Less Salt Soy Sauce
Mix the quick oats, almond flour and vanilla seeds in a separate bowl. Add the coconut oil, maple syrup and Kikkoman Less Salt Soy Sauce. Mix thoroughly until a crumbly texture forms.

Step 3

100 ml vegan yogurt - Fresh mint to serve
Sprinkle the prepared crumble over the fruit, place in the preheated oven and bake for around 25-30 minutes until the crumble is crispy and the fruit soft.

Garnish with fresh mint and serve with vegan yogurt.