

Air fryer oats, salted caramel & nuts

Gesamtzeit **25 Min.** 10 Min. Vorbereitungszeit **15 Min.** Kochzeit

Nährwertangaben (pro Portion):
1.960 kJ / 470 kcal

Fett: **18 g** Eiweiß: **17 g**
Kohlenhydrate: **66 g**

ZUTATEN

2 Portion(en)

Oats:

100 g rolled oats
250 ml almond milk
1 EL peanut butter
1 EL Kikkoman natürlich
gebraute salzreduzierte
Sojasauce
40 g dried dates

Toppings:

20 g dark chocolate
15 g peanuts, chopped

Caramel:

30 g dried dates
1 TL peanut butter
3 EL Kikkoman natürlich
gebraute salzreduzierte
Sojasauce
1,5 EL water

ZUBEREITUNG

Schritt 1

100 g rolled oats - **250 ml** almond milk - **1 EL** peanut butter - **1 EL** Kikkoman natürlich gebraute salzreduzierte Sojasauce - **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.

Schritt 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.

Schritt 3

30 g dried dates - **1 TL** peanut butter - **3 EL** Kikkoman natürlich gebraute salzreduzierte Sojasauce - **1,5 EL** 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.