

Healthy Champorado with Bonito Flakes

★★★★★
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Prep Time

5 mins

Cook Time

10 mins

Total Time

15 mins

A healthy remix of a traditional Filipino dessert called Champorado using steel cut oats and date syrup. With a touch of umami from some bonito flakes

Course: Breakfast

Cuisine: Filipino, Japanese

Servings: 2 People

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Ingredients

- 1/4 Cup Steel Cut Oats
- 2 Cups Almond Milk
- 100 G Dark Chocolate cut into chunks
- 1 Tablespoon Date Syrup
- Pinch of Salt
- 2 Tablespoons Coconut Milk
- 1 Tablespoon Coco Nibs
- 1 Tablespoon Bonito Flakes

Instructions

1. Place the oats and almond milk in a sauce pan and turn on the heat to medium. Stir until the oats have blossomed and the almond milk has reduced. This will take about 5-7 minutes. Taste the oats to get to the right texture. Steel Cut Oats will still have a little bit of a bite to it, so cook until your satisfied with the texture.
2. Turn off the heat once you have the oats cooked to your liking and add in the chunks of chocolate to melt. Once the chocolate has melted add in the date syrup and salt.
3. Get two glasses and evenly distribute the champorado. Top equally with the coconut milk, coco nibs and bonito flakes. Enjoy!