



4 Day Tropical Breakfast Plan | Granola and Oats

Pineapple & Mango Granola Yoghurt, Kiwi & Lime Granola Yoghurt,
Mango & Kiwi Coconut Overnight Oats, Lime & Pineapple Coconut Overnight Oats

Breakfast 5-10 Minutes • Veggie

9A

Find all your unchilled Market items in bag A.



Pineapple Rings



Mango



Natural Coconut Milk
Yoghurt Alternative



Granola



Kiwi



Lime



Instant Oats



Coconut Milk

Pantry Items
Sugar

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Peeler, bowl and fine grater.

Ingredients

Ingredients	Quantity
Pineapple Rings**	2 tins
Mango**	2
Natural Coconut Milk Yoghurt Alternative**	640g (8 packets)
Granola 13	240g (4 packets)
Kiwi**	2
Lime**	2
Instant Oats 13	240g (4 packets)
Coconut Milk	400ml

Pantry	Quantity
Sugar*	8 tsp
Water*	400ml

*Not Included **Store in the Fridge

Nutrition

Typical values For uncooked ingredient	Recipe 1 per 100g	Recipe 2 per 100g	Recipe 3 per 100g	Recipe 4 per 100g
Energy (kJ/kcal)	636/152	871/208	682/163	802/191
Fat (g)	8.3	12.7	9.7	12.1
Sat. Fat (g)	6.2	9.6	7.4	9.3
Carbohydrate (g)	17.7	20.9	16.4	17.1
Sugars (g)	10.3	8.5	7.9	5.4
Protein (g)	2.0	2.8	2.8	3.2
Salt (g)	0.04	0.01	0.05	0.02

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

13 Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.


Contact

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1



Pineapple and Mango Granola Yoghurt

a) Remove the **pineapple** from **1 tin** (keeping the **juice** in the tin for later), then cut the **rings** into small chunks.

b) Peel **1 mango**. Slice down either side of the stone to make 2 'cheeks'. Cut any remaining flesh from the stone, then cut the **mango** into 1cm pieces (discard the stone).

c) In a medium bowl, mix **4 packets of coconut milk yoghurt** with **half** the **pineapple juice**, then divide between 2 serving bowls. Discard the remaining juice.

d) Arrange **1 packet of granola** in a line down the centre of 1 bowl of **yoghurt**, then repeat with the second bowl.

e) Arrange the **mango** and **pineapple chunks** in lines on either side of the **granola** to finish.

3



Mango and Kiwi Coconut Overnight Oats

a) In a large bowl, mix **2 packets of instant oats** with **half** the **coconut milk** (saving the other **half** for the other **oats** recipe), **2 tsp sugar** and **200ml cold water**, then cover and refrigerate overnight.

b) When you're ready to eat, peel **1 mango**. Slice down either side of the stone to make 2 'cheeks'. Cut any remaining flesh from the stone, then cut the **mango** into 1cm pieces (discard the stone).

c) Peel **1 kiwi**, then thinly slice.

d) Divide the **coconut overnight oats** between 2 serving bowls. Arrange the **mango** and **kiwi pieces** in sections on top of the **oats** to finish.

2



Kiwi and Lime Granola Yoghurt

a) Peel **1 kiwi**, then thinly slice.

b) Zest **1 lime**, then juice it into a small bowl. Stir in the **sliced kiwi** and **1 tsp sugar**.

c) In a medium bowl, mix **4 packets of coconut milk yoghurt** with the **lime zest** and **2 tsp sugar**, then divide between 2 serving bowls.

d) Scatter **1 packet of granola** over **1 bowl of yoghurt**, then repeat with the second bowl.

e) Arrange the **kiwi slices** alongside the **granola** to finish.

4



Lime and Pineapple Coconut Overnight Oats

a) In a large bowl, mix **2 packets of instant oats** with **half** the **coconut milk** (saving the other **half** for the other **oats** recipe), **2 tsp sugar** and **200ml cold water**, then cover and refrigerate overnight.

b) When you're ready to eat, remove the **pineapple rings** from **1 tin** and cut into small chunks. Pop the **pineapple** into another large bowl.

c) Zest and juice **1 lime** into the bowl of **pineapple**. Add **1 tsp sugar**, then stir to combine.

d) Divide the **coconut overnight oats** between 2 serving bowls, then top with the **zesty pineapple mixture** to finish.

Enjoy!