



4 Day Breakfast Plan | Oats and Granola Yoghurt

Chocolate Orange Oats, Tropical Overnight Oats,
Blueberry and Lime Granola Yoghurt, Salted Caramel Granola Yoghurt

Breakfast 10-15 Minutes • Veggie

9A

Find all your unchilled Market items in bag A.



-  Orange
-  Instant Oats
-  Chocolate Chips
-  Coconut Milk
-  Mango
-  Lime
-  Blueberries
-  Greek Style Natural Yoghurt
-  Granola
-  Salted Caramel Sauce
-  Hazelnuts

Pantry Items
Salt, 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

Kettle, fine grater and bowl.

Ingredients

| Ingredients | Quantity |
|--|------------------|
| Orange** | 1 |
| Instant Oats 13 | 240g (4 packets) |
| Chocolate Chips 11 | 200g (2 packets) |
| Coconut Milk | 200ml |
| Mango** | 1 |
| Lime** | 2 |
| Blueberries** | 125g |
| Greek Style Natural Yoghurt** 7 | 600g (8 packets) |
| Granola 13 | 240g (4 packets) |
| Salted Caramel Sauce 7 | 80g |
| Hazelnuts 2 | 50g (2 packets) |

| Pantry | Quantity |
|---------------|----------|
| Boiled Water* | 300ml |
| Sugar* | 3 tsp |
| Water* | 200ml |

*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) | 594/142 | 483/115 | 645/154 | 335/1401 |
| Fat (g) | 5.2 | 5.7 | 6.7 | 17.6 |
| Sat. Fat (g) | 2.5 | 4.2 | 3.7 | 8.7 |
| Carbohydrate (g) | 19.4 | 14.3 | 20.0 | 36.7 |
| Sugars (g) | 9.5 | 6.5 | 9.2 | 27.2 |
| Protein (g) | 3.1 | 2.3 | 3.8 | 5.8 |
| Salt (g) | 0.00 | 0.06 | 0.06 | 0.16 |

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

Allergens

2) Nuts 7) Milk 11) Soya 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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Chocolate Orange Instant Oats

a) Boil a full kettle. Zest the **orange** into a large bowl, then peel the **orange** and separate the **segments**.

b) Add **2 packets** of **instant oats** and **three-quarters** of **1 packet** of **chocolate chips** to the bowl of **zest**.

c) Pour in **300ml** of just **boiled water**. Add a pinch of **salt**, then mix with a spoon until the **porridge** is creamy and the **chocolate chips** have melted, 1-2 mins. **TIP:** *If you like your oats a little runnier, stir in an extra 100ml of boiled water.*

d) Divide the **oats** between 2 serving bowls. Scatter the **orange segments** on top and sprinkle over the remaining **chocolate chips** from the **packet**.



Blueberry and Lime Granola Yoghurt

a) Zest and juice **1 lime** into a large bowl, then add the **blueberries** and **1 tsp sugar**. Stir to dissolve the **sugar**.

b) Share **4 packets** of **Greek style yoghurt** between 2 serving bowls.

c) Scatter **2 packets** of **granola** over your **yoghurt**, then top with the **lime and blueberry mixture**.



Tropical Overnight Oats

a) In a large bowl, mix **2 packets** of **instant oats** with the **coconut milk**, **1 tsp sugar** and **200ml** of **cold water**, then cover and refrigerate overnight.

b) When you're ready to eat, peel the **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). Pop the **mango** into another large bowl.

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

d) Divide the **coconut overnight oats** between 2 serving bowls and top with the **zesty mango mixture**.



Salted Caramel Hazelnut Granola Yoghurt

a) Divide **4 packets** of **Greek style yoghurt** between 2 serving bowls, then swirl through **three-quarters** of the **salted caramel sauce**.

b) Roughly chop the **hazelnuts**.

c) In a medium bowl, combine the **chopped hazelnuts** with **1 packet** of **chocolate chips** and **2 packets** of **granola**.

d) Top your **salted caramel yoghurt** with the **hazelnut and chocolate granola mixture**.

e) Finish with a drizzle of the remaining **salted caramel sauce**.

Enjoy!