



4 Day Breakfast Plan | Apple & Blueberry Granola & Oats

Apple Crumble Granola, Blueberry Pie Granola, Cinnamon Swirl Oats, Blueberry Apple Oats

Breakfast 10-15 Minutes • Veggie

9A

Find all your unchilled Market items in bag A.



Apple



Ground Cinnamon



Greek Style Natural Yoghurt



Granola



Blueberries



Instant Oats



Salted Caramel Sauce

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, saucepan, kettle and bowl.

Ingredients

Ingredients	Quantity
Apple**	4
Ground Cinnamon	4 sachets
Greek Style Natural Yoghurt** 7)	600g (4 packets)
Granola 13)	240g (4 packets)
Blueberries**	250g (2 packets)
Instant Oats 13)	240g (4 packets)
Salted Caramel Sauce 7)	80g
Pantry	2P
Sugar*	14 tsp

*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)	742 /177	820 /196	1520 /363	747 /179
Fat (g)	7.6	8.3	8.2	3.5
Sat. Fat (g)	4.2	4.6	2.3	0.6
Carbohydrate (g)	22.8	24.9	60.1	30.3
Sugars (g)	13.5	13.9	18.5	8.8
Protein (g)	4.1	4.5	9.2	5.0
Salt (g)	0.07	0.08	0.22	0.00

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

Allergens

7) Milk 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, cereals containing 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



Apple Crumble Granola Yoghurt

a) Peel, quarter, core and finely chop **2 apples**. Add the **apples, 2 sachets of cinnamon, 2 tbsp of water** and **5 tsp sugar** to a medium saucepan.

b) Heat the **apple mixture** on medium heat until the **apple** begins to soften, 7-8 mins. Set aside to cool, 5 mins.

c) Divide **2 packets of Greek style yoghurt** between 2 serving bowls.

d) Mix **2 packets of granola** through the **apple mixture**, then evenly spoon over the **yoghurt** to finish.

3



Cinnamon Swirl Oats

a) Boil a full kettle.

b) Add **2 packets of instant oats** to a large bowl. Pour in **300ml of just boiled water**. Add **2 packets of cinnamon** and **2 tsp sugar**, then mix with a spoon until the **porridge** is **creamy**, 1-2 mins. **TIP:** If you like your oats a little runnier, stir in an extra 100ml of boiled water.

c) Divide the **oats** between 2 serving bowls. Using the **salted caramel sauce**, create a swirl on the top of your **oats** to finish.

2



Blueberry Pie Granola Yoghurt

a) Add **1 packet of blueberries, 2 tbsp water** and **5 tsp sugar** to a medium saucepan.

b) Heat the **blueberry mixture** on medium heat until it turns a deep purple colour and slightly thickens, 4-5 mins. Set aside to cool, 5 mins.

c) Divide **2 packets of Greek style yoghurt** between 2 serving bowls. Add **one quarter of the blueberry mixture** to each bowl, then lightly mix to create a swirl.

d) Scatter **2 packets of granola** evenly over the **yoghurt**, then spoon over the remaining **blueberry mixture** to finish.

4



Blueberry and Apple Oats

a) Boil a full kettle. While the kettle boils, quarter, core and thinly slice **2 apples** (no need to peel).

b) Add **2 packets of instant oats** to a large bowl. Pour in **300ml of just boiled water**. Add **2 tsp sugar**, then mix with a spoon until the **porridge** is creamy, 1-2 mins. **TIP:** If you like your oats a little runnier, stir in an extra 100ml of boiled water.

c) Divide the **oats** between 2 serving bowls. Lay the **apple slices** evenly across the **oats**, then scatter **1 packet of blueberries** over the bowls to finish.

Enjoy!