



Blueberry, Granola & Greek Style Yoghurt Bowl with Honey

Breakfast 3-5 Minutes • 1 of your 5 a day • Veggie

23A

Find all your unchilled
Market items in bag A.



Greek Style
Natural Yoghurt



Blueberries



Granola



Honey

Before you start

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

Cooking tools

Bowl.

Ingredients

| Ingredients | Quantity |
|----------------------------------|----------|
| Greek Style Natural Yoghurt** 7) | 300g |
| Blueberries** | 250g |
| Granola 13) | 60g |
| Honey | 60g |

*Not Included **Store in the Fridge

Nutrition

| Typical Values for uncooked ingredient | Per serving | Per 100g |
|--|-------------|----------|
| Energy (kJ/kcal) | 2180 /521 | 651 /156 |
| Fat (g) | 20.1 | 6.0 |
| Sat. Fat (g) | 11.5 | 3.4 |
| Carbohydrate (g) | 72.2 | 21.5 |
| Sugars (g) | 52.9 | 15.8 |
| Protein (g) | 11.1 | 3.3 |
| Salt (g) | 0.24 | 0.07 |

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. Be careful when adding water to hot pans while cooking.

Contact

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to [hellofresh.co.uk](https://www.hellofresh.co.uk) or use our app to rate this recipe

 You can recycle me!

HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ



1



Bring on the Yoghurt

a) Share the **Greek style natural yoghurt** between 2 serving bowls.

2



Blueberry Time

a) Top the **yoghurt** with the **blueberries**.

3



Breakfast is Served

a) Scatter over the **granola**.

b) Drizzle over the **honey** to finish. **TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min.

Enjoy!