



Granola & Red Berry Compote Yoghurt Bowl with Honey, Apple and Pecans

Breakfast 5-10 Minutes • 1 of your 5 a day • Veggie

23A

Find all your unchilled Market items in bag A.



Apple



Pecan Nut Halves



Greek Style Natural Yoghurt



Red Berry Compote



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
Apple**	2
Pecan Nut Halves 2)	50g
Greek Style Natural Yoghurt** 7)	300g
Red Berry Compote	70g
Granola 13)	60g
Honey	30g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	345g	100g
Energy (kJ/kcal)	2684 /642	778 /186
Fat (g)	37.6	10.9
Sat. Fat (g)	13.0	3.8
Carbohydrate (g)	62.9	18.2
Sugars (g)	47.5	13.8
Protein (g)	12.9	3.7
Salt (g)	0.22	0.06

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

Allergens

2) Nuts **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

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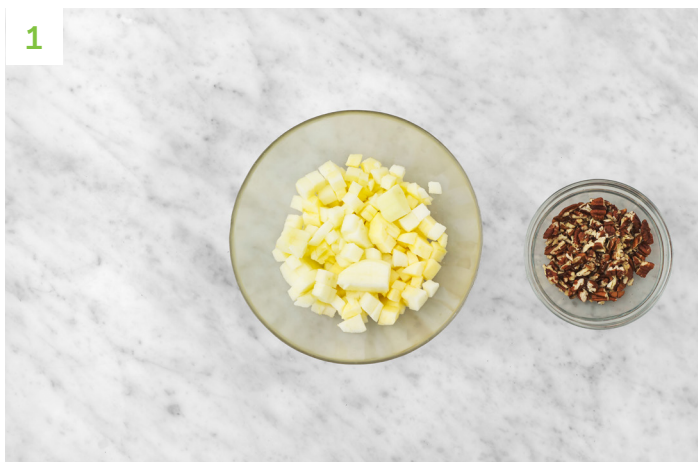
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1



An Apple a Day

a) Quarter, core and finely chop the **apples** (no need to peel).

b) Roughly chop the **pecans**.

2



Swirl the Yoghurt

a) Share the **yoghurt** between 2 serving bowls and swirl through the **red berry compote**.

3



Breakfast is Ready

a) Top the **berry yoghurt** in sections with the **apples, pecans** and **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!