



Apple and Almond Breakfast Parfait

with Red Berry Compote and Granola

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

8A

Find all your unchilled Market items in bag A.



Apple



Red Berry Compote



Greek Style Natural Yoghurt



Granola



Toasted Flaked Almonds

Pantry Items
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
Red Berry Compote	70g
Greek Style Natural Yoghurt** 7)	300g
Granola 13)	120g
Toasted Flaked Almonds 2)	25g

Pantry	Quantity
Honey*	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	363g	100g
Energy (kJ/kcal)	2802 /670	773 /185
Fat (g)	30.3	8.4
Sat. Fat (g)	13.7	3.8
Carbohydrate (g)	83.0	22.9
Sugars (g)	53.5	14.8
Protein (g)	15.5	4.3
Salt (g)	0.23	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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1



Prep the Fruit

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

2



Bring on the Berry Compote

a) Divide **half** the **red berry compote** between 2 appropriately sized glasses, saving the other **half** of the **compote** for the next step.

TIP: If you like your yoghurt a little sweeter, add it to a medium bowl and stir through honey to taste (see pantry for recommended amount).

b) Top the **red berry compote** with **half** of the **yoghurt**, saving the other **half** for the next step.

3



Layer Up

a) Top the **yoghurt** with **half** the **granola**, followed by **half** the **apples**.

b) Sprinkle over **half** the **toasted flaked almonds**.

c) Repeat with the remaining **red berry compote**, **yoghurt**, **granola**, **apple** and **almonds** to finish.

Enjoy!