



# 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** <b>7)</b> | 300g     |
| Granola <b>13)</b>                      | 120g     |
| Toasted Flaked Almonds <b>2)</b>        | 25g      |

| Pantry | Quantity |
|--------|----------|
| Honey* | 2 tbsp   |

\*Not Included \*\*Store in the Fridge

## Nutrition

| Typical Values for uncooked ingredient | Per serving | Per 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, mollusc, 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).

**b)** 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).

2



## Layer Up

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

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

3



## Finish and Serve

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

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

Enjoy!