



Lemon & Blueberry Muffin Inspired Granola with Greek Style Natural Yoghurt

Breakfast 15-20 Minutes • 1 of your 5 a day • Veggie

23A

Find all your unchilled Market items in bag A.



Lemon



Blueberries



Greek Style Natural Yoghurt



Granola

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

Fine grater, saucepan and bowl.

Ingredients

Ingredients	Quantity
Lemon**	1
Blueberries**	125g
Greek Style Natural Yoghurt** 7)	300g
Granola 13)	120g

Pantry	Quantity
Sugar*	5 tsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	341g	100g
Energy (kJ/kcal)	2388 /571	701 /168
Fat (g)	23.6	6.9
Sat. Fat (g)	13.2	3.9
Carbohydrate (g)	75.6	22.2
Sugars (g)	41.1	12.1
Protein (g)	13.4	3.9
Salt (g)	0.40	0.12

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, 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



Bring on the Blueberries

- Zest and juice the **lemon** into a small saucepan.
- Add the **blueberries** and **sugar** (see pantry for amount) to the saucepan.

2



Topping Time

- 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.

3



Breakfast is Served

- Divide the **yoghurt** between 2 serving bowls.
- Add **1 quarter** of the **blueberry mixture** to each bowl, then lightly mix to create a swirl.
- Scatter the **granola** evenly over each **yoghurt** bowl, then spoon over the remaining **blueberry mixture** to finish.

Enjoy!