



Apple Crumble Style Granola with Greek Style Yoghurt

Breakfast 10-15 Minutes • 1 of your 5 a day • Veggie

9A

Find all your unchilled
Market items in bag A.



Apple



Ground Cinnamon



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

Peeler, saucepan and bowl.

Ingredients

Ingredients	Quantity
Apple**	2
Ground Cinnamon	2 sachets
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	311g	100g
Energy (kJ/kcal)	2304 /551	742 /177
Fat (g)	23.6	7.6
Sat. Fat (g)	13.2	4.2
Carbohydrate (g)	70.9	22.8
Sugars (g)	42.0	13.5
Protein (g)	12.6	4.1
Salt (g)	0.23	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, 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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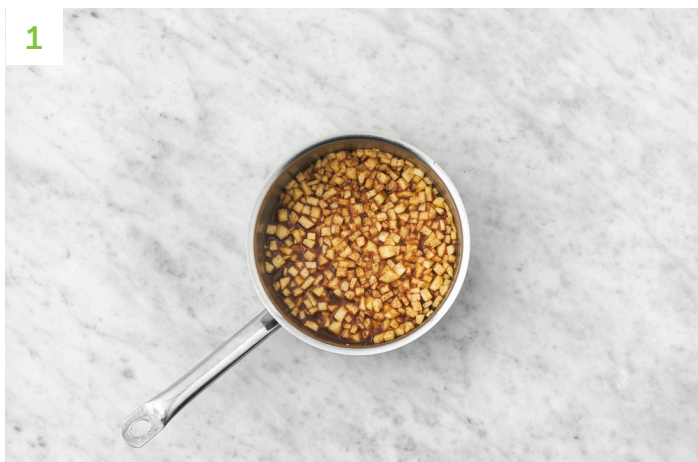
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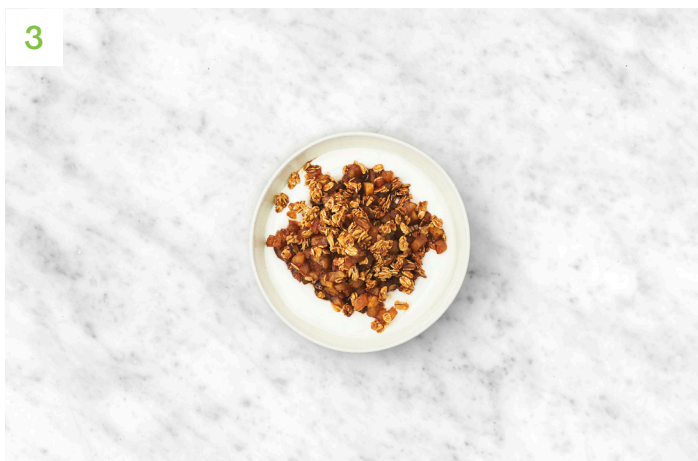
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2



3



An Apple a Day

a) Peel, quarter, core and finely chop the **apples**.

b) Add the **apples, cinnamon, 2 tbsp water** and the **sugar** (see pantry for amount) to a medium saucepan.

Into the Pan

a) Heat the **apple cinnamon mixture** on medium heat until the **apple** begins to soften, 7-8 mins.

b) Set aside to cool, 5 mins.

Breakfast is Served

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

b) Mix the **granola** through the **apple mixture**, then evenly spoon over the **yoghurt** to finish.

Enjoy!