



# Blueberry, Granola & Greek Style Yoghurt Bowl with Honey

Breakfast 3-5 Minutes • Veggie

23A

Find all your unchilled Market items in bag A.



Greek Style Natural Yoghurt



Blueberries



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
Greek Style Natural Yoghurt** 7)	300g
Blueberries**	125g
Granola 13)	60g
Honey	60g

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

## Nutrition

Typical Values	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>273g</b>	<b>100g</b>
Energy (kJ/kcal)	1999 /478	734 /175
Fat (g)	19.9	7.3
Sat. Fat (g)	11.5	4.2
Carbohydrate (g)	63.4	23.3
Sugars (g)	46.7	17.1
Protein (g)	10.6	3.9
Salt (g)	0.23	0.09

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 Yoghurt

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

2



## Blueberry Time

a) Top the **yoghurt** with the **blueberries**.

3



## Breakfast is Served

a) Scatter over the **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!