



# Piña Colada Style Breakfast Parfait

with Kiwi, Granola and Desiccated Coconut

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

9A

Find all your unchilled Market items in bag A.



Pineapple Rings



Kiwi



Greek Style Natural Yoghurt



Desiccated Coconut



Granola

**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

Peeler and bowl.

## Ingredients

| Ingredients                      | Quantity |
|----------------------------------|----------|
| Pineapple Rings                  | 1 tin    |
| Kiwi**                           | 2        |
| Greek Style Natural Yoghurt** 7) | 300g     |
| Desiccated Coconut               | 15g      |
| Granola 13)                      | 120g     |

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

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

## Nutrition

| Typical Values for uncooked ingredient | Per serving | Per 100g |
|--|-------------|----------|
| Energy (kJ/kcal)                       | 2753 /658   | 739 /177 |
| Fat (g)                                | 28.3        | 7.6      |
| Sat. Fat (g)                           | 17.4        | 4.7      |
| Carbohydrate (g)                       | 83.5        | 22.4     |
| Sugars (g)                             | 50.7        | 13.6     |
| Protein (g)                            | 13.8        | 3.7      |
| Salt (g)                               | 0.23        | 0.06     |

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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The Fresh Farm  
60 Worship St, London EC2A 2EZ



1



## Prep the Fruit

a) Remove the **pineapple rings** from the tin, keeping the **pineapple juice** for later. Cut the **rings** into small chunks.

b) Peel the **kiwis**, then cut into 1cm chunks.

2



## Mix the Tropical Yoghurt

a) In a medium bowl, combine the **Greek style natural yoghurt**, **desiccated coconut** and **2 tbsp** of the **reserved pineapple juice**. Discard any remaining **pineapple juice**.

b) If you like your **yoghurt** a little sweeter, add **honey** to taste (see pantry for recommended amount).

3



## Layer your Parfait

a) Divide **half** the **tropical yoghurt** between 2 appropriately sized glasses.

b) Top with **half** the **granola**, followed by **half** the **pineapple chunks** and **half** the **kiwi chunks**.

b) Repeat with the remaining **yoghurt**, **granola**, **pineapple** and **kiwi** to finish.

Enjoy!