



# Pink Berry Breakfast Parfait

with Blueberries, Granola and Greek Style Yoghurt

**Breakfast** 3-5 Minutes • Veggie

8A

Find all your unchilled Market items in bag A.



Greek Style Natural Yoghurt



Red Berry Compote



Granola



Blueberries

## 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
Red Berry Compote	70g
Granola 13)	120g
Blueberries**	125g

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

## Nutrition

Typical Values	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>308g</b>	<b>100g</b>
Energy (kJ/kcal)	2326 /556	756 /181
Fat (g)	23.5	7.7
Sat. Fat (g)	13.1	4.3
Carbohydrate (g)	70.0	22.8
Sugars (g)	38.2	12.4
Protein (g)	12.9	4.2
Salt (g)	0.23	0.08

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

Let us know what you think!

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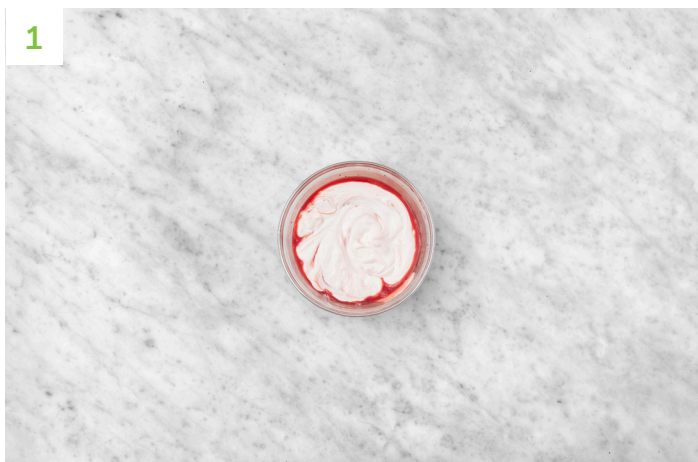
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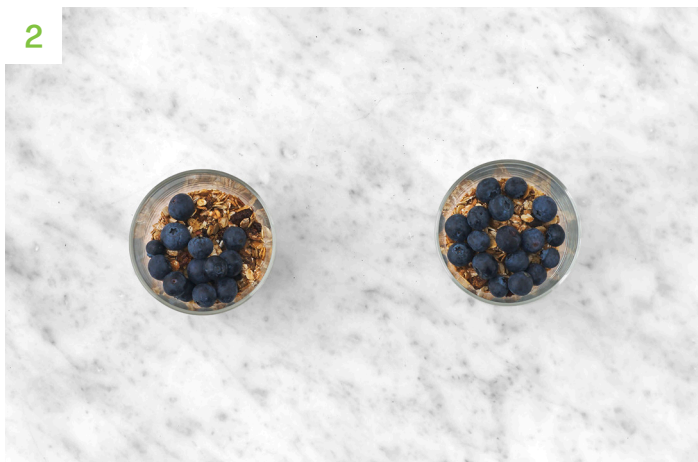
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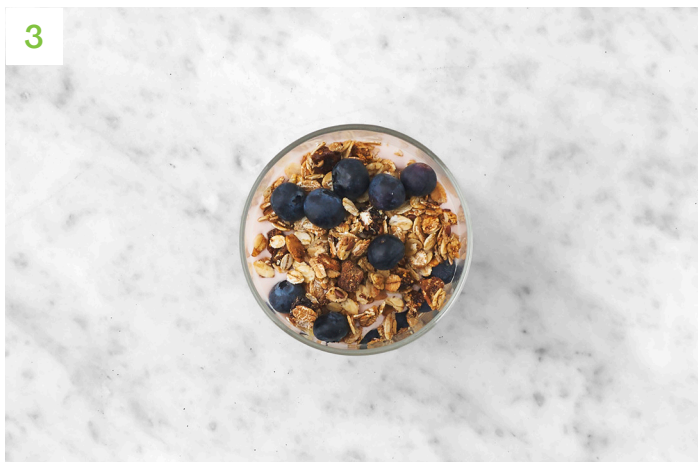
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2



3



## Make the Pink Berry Yoghurt

a) In a medium bowl, combine the **yoghurt** and **red berry compote**.

## Begin your Parfait

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

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

## Breakfast is Served

a) Repeat with the remaining **yoghurt**, **granola** and **blueberries** to finish.

Enjoy!