



Spiced Apple Crumble Breakfast Parfait

with Greek Style Yoghurt and Toasted Almond Flakes

Breakfast 10-20 Minutes • 1 of your 5 a day • Veggie

23A

Find all your unchilled Market items in bag A.



Apple



Ground Cinnamon



Greek Style Natural Yoghurt



Granola



Toasted Flaked Almonds

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 and saucepan.

Ingredients

Ingredients	Quantity
Apple**	2
Ground Cinnamon	2 sachets
Greek Style Natural Yoghurt** 7)	300g
Granola 13)	120g
Toasted Flaked Almonds 2)	25g

Pantry	Quantity
Water*	2 tbsp
Sugar*	3 tsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving 334g	Per 100g 100g
Energy (kJ/kcal)	2540 /607	760 /182
Fat (g)	30.2	9.0
Sat. Fat (g)	13.7	4.1
Carbohydrate (g)	67.6	20.3
Sugars (g)	38.7	11.6
Protein (g)	15.2	4.6
Salt (g)	0.23	0.07

Nutrition for uncooked ingredients based on 2 person recipe. Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

2) Nuts 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



2



3



Get Prepped

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.

Warm the Apples

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

b) Set aside to cool, 5 mins.

Build your Parfaits

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

b) Top with **half** the **granola**, followed by **half** the **apple mixture** and **half** the **toasted almond flakes**.

c) Repeat with the remaining **yoghurt, granola and apple mixture**.

d) Sprinkle over the remaining **almonds** to finish.

Enjoy!