



Berry Smoothie Kit

with Blueberries, Honey and Red Berry Compote

Breakfast 5-10 Minutes • Veggie

8A

Find all your unchilled Market items in bag A.



Blueberries



Honey



Single Soya Plant-Based Alternative



Red Berry Compote



Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

Cooking tools

Blender.

Ingredients

Ingredients	Quantity
Blueberries**	125g
Honey	30g
Single Soya Plant-Based Alternative 11)	1 carton
Red Berry Compote	105g

**Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	255g	100g
Energy (kJ/kcal)	1379 /330	541 /129
Fat (g)	17.9	7.0
Sat. Fat (g)	2.0	0.8
Carbohydrate (g)	36.8	14.4
Sugars (g)	33.1	13.0
Protein (g)	3.4	1.3
Salt (g)	0.19	0.07

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

Allergens

11) Soya

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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Add the Smoothie Ingredients

a) Add the **blueberries, honey, single soya** and **red berry compote** into the blender.

TIP: If your honey has hardened, put the sachet in a bowl of hot water for 1 min to loosen.

Taste and Adjust

a) Blend until smooth, 1-2 mins, or until the **smoothie** is the consistency you like.

b) If you like your **smoothie** a little sweeter, add extra **honey** to taste.

c) To make your **smoothie** colder and thicker, add a few **ice cubes** and blend until smooth, we recommend about **4 ice cubes**.

Serve up your Smoothie

a) Divide your **smoothie** between 2 glasses to finish. **TIP:** Your smoothie is best enjoyed freshly made.

Enjoy!