



3 Day Tropical Breakfast Plan | 6 Parfaits

Piña Colada Style | Sweet & Sticky Mango | Pineapple & Mango

Breakfast 5-10 Minutes • Veggie

26A

Find all your unchilled Market items in bag A.



Pineapple Rings



Kiwi



Greek Style Natural Yoghurt



Desiccated Coconut



Granola



Mango



Apricot Jam



Natural Coconut Milk Yoghurt Alternative

Pantry Items
Oil, Salt, Pepper,

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 and peeler.

Ingredients

Ingredients	Quantity
Pineapple Rings	2 tins
Kiwi**	2
Greek Style Natural Yoghurt** 7)	600g
Desiccated Coconut	45g
Granola 13)	360g
Mango**	2
Apricot Jam	54g
Natural Coconut Milk Yoghurt Alternative**	320g

**Store in the Fridge

Nutrition

Typical values For uncooked ingredient	Recipe 1 per 100g	Recipe 2 per 100g	Recipe 3 per 100g
Energy (kJ/kcal)	704 /168	670 /160	672 /161
Fat (g)	7.9	6.8	9.1
Sat. Fat (g)	4.9	4.2	7.0
Carbohydrate (g)	19.3	21.3	17.5
Sugars (g)	10.9	14.2	10.2
Protein (g)	3.8	3.3	2.0
Salt (g)	0.07	0.10	0.05

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

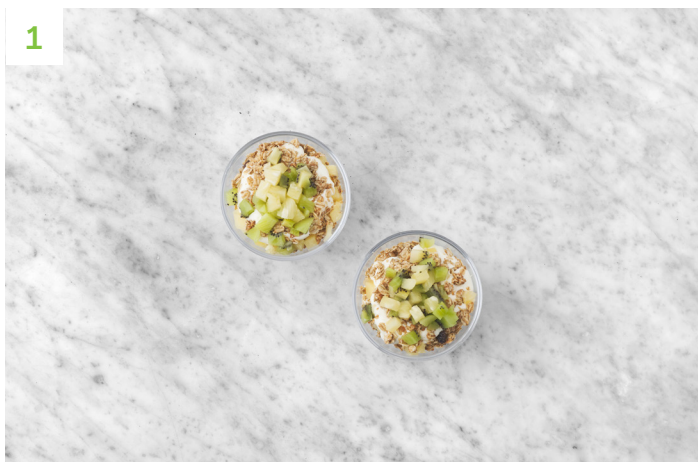
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Piña Colada Style Parfait

a) Remove the **pineapple rings** from one tin, keeping the **pineapple juice** for later. Cut the **rings** into small chunks. Peel the **kiwis**, then cut into 1cm chunks.

b) Combine in a medium bowl **2 packs** of **Greek style yoghurt**, **1 pack** of **desiccated coconut** and **2 tbsp** of **reserved pineapple juice**. Discard any remaining **pineapple juice**.

c) Share **half** the **yoghurt** between 2 glasses. Top with **1 pack** of **granola**, followed by **half** the **pineapple** and **half** the **kiwi**. Repeat with the remaining **yoghurt**, another pack of **granola** and the remaining **pineapple** and **kiwi** to finish.

Sweet and Sticky Mango Parfait

a) Peel one **mango**. Slice down either side of the stone to make 2 'cheeks'. Cut any remaining flesh from the stone, then cut the **mango** into 1cm pieces (discard the stone).

b) In a small bowl, combine the **mango pieces** and **apricot jam**. In a separate small bowl, combine **2 packs** of **granola** and **three quarters** of **1 pack** of **desiccated coconut**.

c) Share **1 pack** of **Greek style yoghurt** between 2 glasses. Top with **half** the **coconut granola**, then **half** the **mango mixture**.

d) Repeat with another pack of **Greek style yoghurt**, the remaining **granola** and **mango**. Sprinkle over the remaining **coconut** from the pack to finish.

Mango and Pineapple Parfait

a) Peel **one mango**. Slice down either side of the stone to make 2 'cheeks'. Cut any remaining flesh from the stone, then cut the **mango** into 1cm pieces (discard the stone). Remove the **pineapple rings** from one tin, keeping the **pineapple juice** for later. Cut the **rings** into small chunks.

b) Combine in a medium bowl the **coconut milk yoghurt**, a pack of **desiccated coconut** and **2 tbsp** of the **reserved pineapple juice**. Discard any remaining **pineapple juice**.

c) Share **half** the **tropical yoghurt** between 2 glasses. Top with **1 pack** of **granola**, followed by **half** the **pineapple** and **half** the **mango**. Repeat with the remaining **yoghurt**, another pack of **granola** and the remaining **pineapple** and **mango** to finish.

Enjoy!