



Flapjack Inspired Honey & Apple Porridge with Hazelnuts, Cinnamon and Cranberries

9A

Breakfast 5-10 Minutes • 2 of your 5 a day • Veggie



Hazelnuts



Apple



Instant Oats



Dried Cranberries



Ground Cinnamon



Honey

Pantry Items
Salt

Before you start

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

Cooking tools

Kettle and bowl.

Ingredients

Ingredients	Quantity
Hazelnuts 2)	40g
Apple**	2
Instant Oats 13)	120g
Dried Cranberries	30g
Ground Cinnamon	1 sachet
Honey	60g

Pantry	Quantity
Boiled Water*	300ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2288 /547	1058 /253
Fat (g)	28.1	13.0
Sat. Fat (g)	1.9	0.9
Carbohydrate (g)	84.7	39.2
Sugars (g)	44.4	20.5
Protein (g)	10.7	5.0
Salt (g)	3.44	1.59

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

Allergens

2) Nuts 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, milk, egg, mustard, celery, soya, 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.

Contact

Let us know what you think!

Share your creations with #HelloFreshSnaps


Head to hellofresh.co.uk or use our app to rate this recipe

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

 You can recycle me!



1



2



3



Get Prepped

- Boil your kettle.
- Roughly chop the **hazelnuts**.
- Quarter, core and finely chop the **apple** (no need to peel).

Porridge Time

- Divide your **porridge oats**, **cranberries** and a small pinch of **cinnamon** between 2 serving bowls.
- Pour 150ml of just **boiled water** into each bowl.
- Add a pinch of **salt**, then thoroughly mix both bowls until the **porridge** is creamy and combined.
- Stir **half** the **apple** and **half** the **honey** through the bowls of **porridge**. **TIP:** *If your honey has hardened, pop it in a bowl of hot water for 1 min.*

Breakfast is Served

- Top the **porridge** with the **hazelnuts** and remaining **apple**.
- Sprinkle over a pinch of **cinnamon**.
- Drizzle over the remaining **honey** to finish.

Enjoy!