



Peanut Butter and Red Berry Compote Bagel with Pumpkin Seeds

3A

Breakfast 5-10 Minutes • Veggie



Sesame Bagel



Peanut Butter



Red Berry Compote



Pumpkin Seeds

Before you start

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

Cooking tools

Knife and chopping board.

Ingredients

Ingredients	Quantity
Sesame Bagel 3 13)	2
Peanut Butter 1)	60g
Red Berry Compote	70g
Pumpkin Seeds	15g

**Not Included **Store in the Fridge*

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	153g	100g
Energy (kJ/kcal)	2087 /499	1368 /327
Fat (g)	21.8	14.3
Sat. Fat (g)	3.9	2.5
Carbohydrate (g)	55.4	36.3
Sugars (g)	15.1	9.9
Protein (g)	20.2	13.2
Salt (g)	0.64	0.42

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

Allergens

1) Peanut **3)** Sesame **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

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Packed in the UK

The Fresh Farm

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 You can recycle me!



1



2



3



Toast the Bagels

a) Halve the **bagels** and toast in your toaster (or under the grill).

Toppings On

a) Once toasted, spread the **peanut butter** on your **bagels**.

b) Dollop over the **red berry compote** and swirl it into the **peanut butter** using your knife.

Breakfast is Served

a) Scatter over the **pumpkin seeds**.

Enjoy!