



Berry Yoghurt Bowl with Honey, Apple and Pecans

Breakfast 10 Minutes • Veggie

3A



Apple



Greek Style
Natural Yoghurt



Red Berry
Compote



Granola



Pecan Nuts



Honey

Before you start

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

Cooking tools

Bowl.

Ingredients

	Quantity
Apple**	1
Greek Style Natural Yoghurt** 7)	150g
Red Berry Compote	1 sachet
Pecan Nuts 2)	25g
Granola 13)	30g
Honey	1 sachet

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	173g	100g
Energy (kJ/kcal)	1287 / 308	746 / 179
Fat (g)	18	11
Sat. Fat (g)	5	3
Carbohydrate (g)	33	19
Sugars (g)	21	12
Protein (g)	6	3
Salt (g)	0.16	0.09

Nutrition for uncooked ingredients based on 1 person recipe.

Allergens

2) Nut 7) Milk 13) 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

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 You can recycle me!



1



2



3



Prep the Apple

a) Quarter, core and finely chop the **apple** (no need to peel).

Mix the Yoghurt

a) Pop the **yoghurt** into your serving bowl along with the **red berry compote**. Mix to combine.

Serve

a) Top the **yoghurt** with the **apple** on one third, the **pecans** on another and the **granola** on the remaining third.

b) Drizzle over the **honey** to finish. **TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min.

Enjoy!