



Bircher Muesli

with Honey, Blueberries and Pumpkin Seeds

Breakfast 10 Minutes • 1 of your 5 a day • Veggie

3A



Apple



Greek Style
Natural Yoghurt



Honey



Instant Oats



Blueberries



Pumpkin Seeds

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Grater.

Ingredients

	Quantity
Apple**	1
Greek Style Natural Yoghurt** 7)	150g
Honey	1 sachet
Instant Oats 13)	60g
Blueberries**	125g
Pumpkin Seeds	15g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	228g	100g
Energy (kJ/kcal)	1390/332	611/146
Fat (g)	14	6
Sat. Fat (g)	5	2
Carbohydrate (g)	44	19
Sugars (g)	20	9
Protein (g)	9	4
Salt (g)	0.16	0.07

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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HelloFresh UK

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 You can recycle me!



1



2



3



Prep

a) Coarsely grate the **apple**.

b) Put the **yoghurt**, **honey** and **oats** in a cereal bowl and mix together. **TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min.

Mix

a) Add the **grated apple** to the bowl with the **yoghurt**.

b) Mix again until combined.

Serve

a) Sprinkle over the **blueberries** and **pumpkin seeds**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.