



Bircher Muesli

with Honey, Blueberries and Pumpkin Seeds

Breakfast 5-10 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!
Wash your hands before and after prep.

Cooking tools

Grater and bowl.

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	455g	100g
Energy (kJ/kcal)	2781/665	611/146
Fat (g)	27	6
Sat. Fat (g)	10	2
Carbohydrate (g)	87	19
Sugars (g)	40	9
Protein (g)	18	4
Salt (g)	0.32	0.07

Nutrition for uncooked ingredients based on 1 person recipe.

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, 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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HelloFresh UK

Packed in the UK

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 You can recycle me!



1



2



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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.

b) Mix again until combined.

Serve

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

Enjoy!