



Blueberry, Granola & Greek Style Yoghurt Bowl with Honey

9A

Breakfast 3-5 Minutes • 1 of your 5 a day • Veggie



Greek Style
Natural Yoghurt



Blueberries



Granola



Honey

Before you start

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

Cooking tools

Bowl.

Ingredients

Ingredients	Quantity
Greek Style Natural Yoghurt** 7)	300g
Blueberries**	250g
Granola 13)	60g
Honey	60g

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2180 / 521	651 / 156
Fat (g)	20.1	6.0
Sat. Fat (g)	11.5	3.4
Carbohydrate (g)	72.2	21.5
Sugars (g)	52.9	15.8
Protein (g)	10.9	3.3
Salt (g)	0.23	0.07

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

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

The Fresh Farm

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 You can recycle me!



1



2



3



Bring on the Creamy Yoghurt Breakfast

a) Share the **Greek style natural yoghurt** between 2 serving bowls.

Blueberry Time

a) Top the **yoghurt** with the **blueberries**.

Breakfast is Served

a) Scatter over the **granola**.

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!