



# Yoghurt, Granola and Fruit Pot

Serves 2

Breakfast 5 – 10 mins



Blueberries



Honey



Ground  
Cinnamon



Yoghurt



Granola



Apple



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2024-W39

## Before you start

Our fruit, veg and herbs need a wash before you use them!  
We recommend reading the recipe in full before beginning to cook.

Wash hands before and after handling ingredients. Wash fruit and veg, but not meat. Use different utensils for raw and ready-to-eat foods or wash these in between uses.

## Ingredients

	Quantity
Blueberries	125 g
Honey	2 sachets
Ground Cinnamon	½ sachet
Yoghurt	220 g
Granola	120 g
Apple	1 unit

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	301.5 g	100 g
Energy (kJ/kcal)	1778.2 kJ/ 425 kcal	589.8 kJ/ 141 kcal
Fat (g)	11.5 g	3.8 g
Sat. Fat (g)	5.6 g	1.9 g
Carbohydrate (g)	69.3 g	23 g
Sugars (g)	38.5 g	12.8 g
Protein (g)	10.4 g	3.4 g
Salt (g)	0.2 g	0.1 g

*Nutrition for uncooked ingredients.*

## Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

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## Get Prepped

- Quarter, core and thinly slice the **apple** (peeling optional).
- Share the **yoghurt** between two serving bowls.

2



## Add the Fruit

- Top the **yoghurt** with the **blueberries** and **apple**.

3



## Finish and Serve

- Scatter the **granola** over the fruit.
- Drizzle over the **honey** and **half** the **cinnamon** to finish.

Enjoy!