



Apple Crumble Granola

serves 2

Breakfast 5 – 10 mins



Apple



Ground Cinnamon



Yoghurt



Granola

Pantry Items: Sugar, Water



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2024-W48

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.

Cooking tools you will need

Peeler

Ingredients

	Quantity
Apple	2 units
Ground Cinnamon	1 sachet
Yoghurt	220 g
Granola	120 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	302 g	100 g
Energy (kJ/kcal)	1878.6 kJ/ 449 kcal	622.1 kJ/ 148.7 kcal
Fat (g)	11.5 g	3.8 g
Sat. Fat (g)	8.1 g	2.7 g
Carbohydrate (g)	76.2 g	25.2 g
Sugars (g)	43.1 g	14.3 g
Protein (g)	10 g	3.3 g
Salt (g)	0.2 g	0.1 g

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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1



Prep the Fruit

- Peel, quarter and core the **apples**.
- Finely chop.

2



Stew the Apples

- Add **apples, cinnamon**, 2 tbsp of **water** and 5 tsp **sugar** to a medium pot over medium heat.
- Cook until the **apple** begins to soften, 7-8 mins.
- Set aside to cool, 5 mins.

3



Assemble and Serve

- Divide **yoghurt** between serving bowls.
- Mix the **granola** through the **apples**.
- To finish, spoon the **yoghurt** over the top.

Enjoy!