

Greek Yoghurt Breakfast Bowl

Recipe by Claire Sambolino
BANT Registered Nutritionist ®



MACRONUTRIENT VALUES PER 100G

Nutritional values per 100g		
	PER 100G	%RI
Energy (kj)	665 kj	8%
Energy (kcal)	160 kcal	8%
Fat	11 g	16%
of which saturates	4.4 g	22%
Carbohydrate	5.9 g	2%
of which sugars	5.7 g	6%
Fibre	2.1 g	8%
Protein	7.8 g	16%
Salt	0.11g	2%

Generated by Nutritics v5.61 on 24th Aug 2021
Nutrient values based on the toppings shown

INGREDIENTS (serves 1 at 333kcal per serving)

- 125g Whole Greek Yoghurt or Natural Yoghurt (**MILK**)
- 1 Kiwi (peeled and sliced)
- 15g Hazelnuts (**NUTS**)
- 1 tsp of flaxseed
- 1 tsp of coconut flakes

ALTERNATIVE SERVING SUGGESTIONS – Choose one fruit and one serving of nuts or seeds

- <80g berries (raspberries, blueberries, strawberries, blackberries, red/black currants)
- 1-3 tbsp of stewed fruit (apple, pear, plums, rhubarb, gooseberries)
- ½ grated apple, ½ chopped banana
- <25g mixed seeds (sunflower, pumpkin)
- <20g nuts (flaked almonds, cashew, Brazil, hazelnut, walnut)
- 1 tbsp Granola

METHOD: 5 mins prep

1. Add the yoghurt to a bowl.
2. Add your chosen toppings.

ALLERGENS



MILK



TREE NUTS

MODIFY

Substitute Greek Yoghurt with plant-based alternatives such as soya or coconut yoghurt

Substitute nuts with seeds as an alternative topping

CREDIT

Recipe by: Claire Sambolino
Photo by: Claire Sambolino