



BREAKFAST CRUMBLE WITH CINNAMON YOGHURT

5 minutes

1 portion

INGREDIENTS

- 1 Serve of fruit Free Muesli OR Granola (45 g)
- 1 Pack of SPC Apple Strawberry Puree (120 g)
- 120 grams of natural yoghurt,
- 1/2 tsp of cinnamon, ground (1 g)
- 1/2 medium apples, cut in slices for topping (optional)

COOKING METHOD

- 1° Combine yoghurt and cinnamon in a bowl.
- 2° Place apple puree in a serving bowl.
- 3° Top puree with yoghurt and muesli/ granola and apple

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (372 g)	% DRI
ENERGY	113 kcal	421 kcal	21 %
FAT	3 g	11 g	17 %
FATTY ACIDS, TOTAL SATURATED	1 g	4 g	19 %
CHOLESTEROL	5 mg	18 mg	6 %
SODIUM	15 mg	54 mg	2 %
CARBOHYDRATE	17 g	62 g	21 %
SUGARS	8 g	31 g	—
FIBER	2 g	8 g	34 %
PROTEIN	4 g	15 g	—