

Breakfast 2

Breakfast Bowl:

Seasonal fruits including feijoa, grapes, and strawberries with a dollop of full fat Greek yoghurt and topped with roasted nuts and a drizzle of honey.

GF

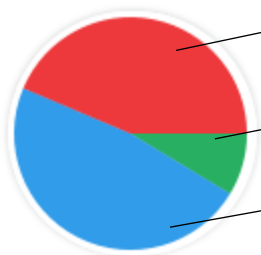
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Ingredients

- 1x cup fresh strawberries halved
- 2x feijoas sliced
- 1x cup whole grapes
- ½ cup whole Greek yoghurt
- 1x teaspoon honey
- 2x tablespoon roasted and salted cashew nuts
- 4x brazil nuts



Fats: 29.2g (43.6%)

Protein: 13.1g (8.6%)

Carbohydrates: 63.1g (47.7%)

See the directions for this recipe and the full nutrition panel on the following page.

Garden produce in this meal



Feijoa



Grapes



Strawberries

Instructions

1. Place ½ cup Greek yoghurt into a bowl.
2. Add chopped feijoa, grapes, and strawberries.
3. Sprinkle roasted nuts on top.
4. Drizzle honey over the fruit and nuts sparingly.

Breakfast Bowl		
Nutrition Information		
Serving Size: 1 Serving		
	Average Quantity per Serving	%Daily Intake*
Energy	2373.2 kJ	27 %
Protein	13.1 g	26 %
Fat, total	29.2 g	42 %
- saturated	9.2 g	38 %
Carbohydrate	61.3 g	24 %
- sugars	52.8 g	
- lactose	8 g	
- galactose	0.2 g	
- starches	3.4 g	
Dietary Fibre	12 g	40 %
Sodium	359.7 mg	16 %
Vitamin C	122.1 mg	
Vitamin A	117.9 µg	
Calcium	280.9 mg	
Iron	2.9 mg	

*Percentage daily intakes are based on an average adult diet of 8700 kJ.

Per Serving

Honey is a great natural sweetener. Making the most of the hives on Akoranga could see us producing our own organic honey.