

# Kiwi & Pomegranate Breakfast Bowl

Recipe by Claire Sambolino BANT Registered Nutritionist ®



## INGREDIENTS (serves 1, approx. 350kcal per 232g serving)

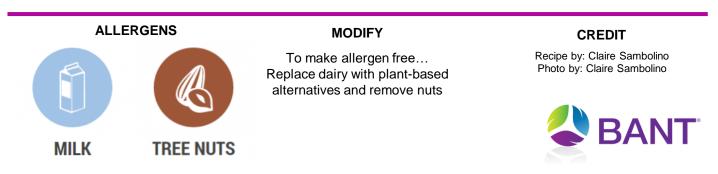
kiwi, peeled and chopped
tbsp / c. 30g pomegranate seeds
100g of Kefir (MILK)
8-9 almonds (NUTS)
tbsp / c.10g sunflower seeds or pumpkin seeds
tbsp 7 c.20g gluten-free granola

## ALTERNATIVE INGEDIENTS:

Greek yoghurt **(MILK)** or Skyr Icelandic yoghurt **(MILK)** or Plant yoghurts such as **SOYA** or Coconut yoghurt Alternative fruits such as raspberries, strawberries, blackberries, red currants Alternative **NUTS** such as cashew, hazelnuts, macadamia nuts etc

#### METHOD:

- 1. Pour the Kefir or yoghurt into a breakfast bowl.
- 2. Layer up the remaining ingredients



### **MACRONUTRIENT VALUES PER 100G**

Nutritional values per 100g		
	PER 100G %RI	
Energy (kj)	630 kj	8%
Energy (kcal)	151 kcal	8%
Fat	8.3 g	12%
of which saturates	2 g	10%
Carbohydrate	11 g	4%
of which sugars	6.7 g	7%
Fibre	3.6 g	14%
Protein	6.1 g	12%
Salt	0 g	0%

Generated by Nutritics v5.61 on 29th March 2021