

Kiwi & Pomegranate Breakfast Bowl

Recipe by Claire Sambolino
BANT Registered Nutritionist ®



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

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

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

ALTERNATIVE INGREDIENTS:

- 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

ALLERGENS



MILK



TREE NUTS

MODIFY

To make allergen free...
Replace dairy with plant-based alternatives and remove nuts

CREDIT

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Photo by: Claire Sambolino