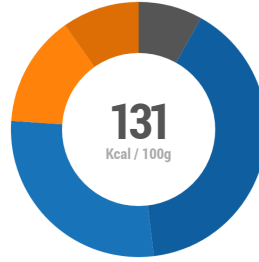


Pear poached

in a maple syrup stock with vanilla & coconut yoghurt and seed granola (website)

OVERVIEW ...



CALORIES:

68% Carbs

8.1% Protein

23.9% Fat

FOOD LABELLING...

Serves **1**

CONTAINS:



MAY CONTAIN:



OTHER PROPERTIES:



RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

100535 Brakes Pure Canadian Maple Syrup..

PUREADIAN MAPLE SYRUP

BRAKES **40g**

N/A

450137 Pears.. - BRAKES

450137 PEARS

BRAKES **150g**

0.01x Each

unchanged

118561 Alpro Plain Yoghurt Alternative 500g..

YOGHURT

BRAKES **50g**

0.1x Each

unchanged

318 Sysco Classic Vanilla Pods..

VANILLA PODS

BRAKES **0.5g**

unchanged

130608 Brakes Berries, Coconut & Seed Topper..

BERRIES, COCONUT & SEED TOPPER

BRAKES **15g**


0.02x Each





unchanged

115401 Kellogg's Granola Bag.. KELLOGGS GRANOLA BAG	BRAKES	40g	0.03x Each	unchanged
149607 Raspberries.. - BRAKES 149607 RASPBERRIES	BRAKES	20g	¼ x Each	unchanged
149606 Blackberries.. - BRAKES 149606 BLACKBERRIES	BRAKES	20g	¼ x Each	unchanged
450610 Strawberries.. STRAWBERRIES	BRAKES	20g	0.05x Each	unchanged
87011 Sysco Classic Cinnamon Sticks.. CINNAMON STICKS	BRAKES	90g	0.5x Each	N/A

PRODUCTS / PACK SIZES ...

1 Serving





 446g / 695kcal
 # 1.0

COOKING INSTRUCTIONS & NOTES

METHOD

Preparation:

Peel the pear
Deseed the vanilla and mix with the alpro

Method:

- Mix the maple syrup with water and sugar, add the pear and cinnamon - bring to a gentle boil and then remove from the heat and cool.
- In a suitable dish arrange the ingredients around the pear to create a delicious buddha style breakfast/brunch bowl.

NB. feel free to swap out the strawberries for other 'seasonal' fruits eg. plums