

# Supercrunch



## Supercrunch

Per portion

**ENERGY**  
912kJ / 216kcal 11%

**FAT**  
5.1g 7%

**SATURATES**  
2.1g 11%

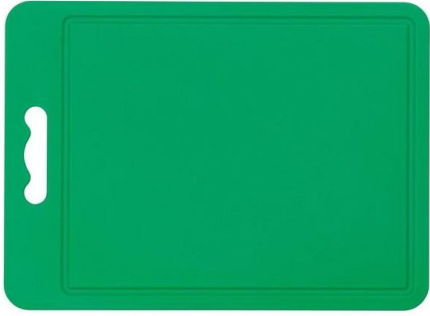
**SUGARS**  
24.3g 27%

**SALT**  
0.2g 4%

% of an adults reference intake

Typical values per 100g: Energy 202kJ / 48kcal

# Equipment



Chopping board



Spoon



Knife



Cup or glass

## Supercrunch Ingredients (Serves 2)



Strawberries



Grapes



Yoghurt (150g)



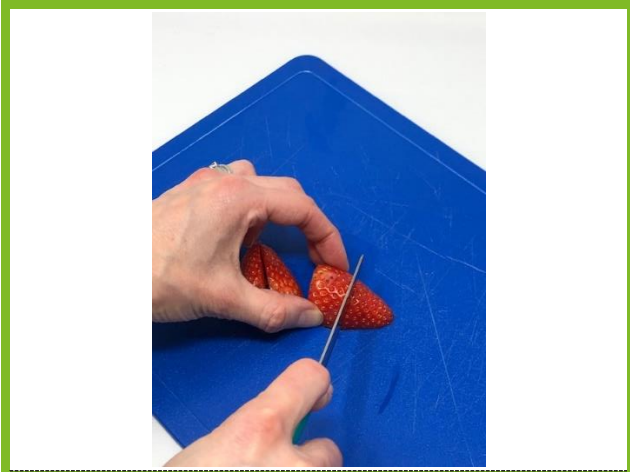
Kiwi



Granola (50g)

# Supercrunch Recipe

①



Chop strawberries

②



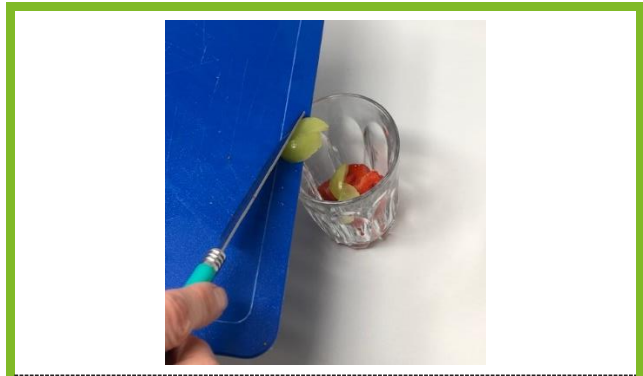
Put strawberries in glass

③



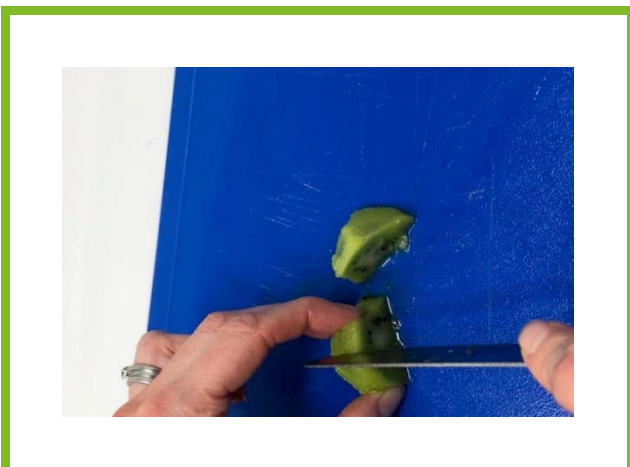
Chop grapes

④



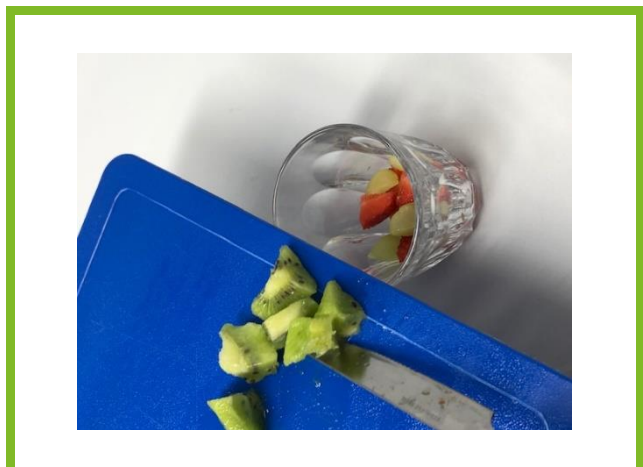
Add grapes to glass

⑤



Chop Kiwi

⑥



Add kiwi to glass

# Supercrunch Recipe

⑦



Add a spoonful of yoghurt

⑧



Sprinkle some granola on top

⑨



Enjoy!