



# UHOOK

## Blueberry & Cream Cheese Bagel

with green leaves & almonds

Think the combination of blueberries & cream cheese is only destined for dessert? You would be wrong, Chef! These fab flavours will feature in your lunch today as a sweet blueberry jam, dolloped over rich cream cheese with nutty almonds & fresh greens, nestled in a warm bagel.

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**Hands-on Time:** 5 minutes

**Overall Time:** 5 minutes

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**Serves:** 2 People

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**Chef:** Samantha du Toit

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\*New Lunch

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Ingredients & Prep

2	Kleinsky Pumpernickel Rye Bagels
100ml	Cream Cheese
20g	Green Leaves <i>rinse</i>
2 units	Blueberry Jam
20g	Almonds

From Your Kitchen

Salt & Pepper  
Water

1. **WARM BAGEL** Heat the bagel halves in a microwave until softened, 15 seconds. Alternatively, toast in a toaster. Allow to cool slightly before assembling.

2. **BLUEBERRY JAM & CREAM CHEESE** Spread the bagels with the cream cheese. Top with the rinsed green leaves and dollop over the jam. Scatter over the almonds. Close up and tuck in, Chef!

Nutritional Information

Per 100g

Energy	1084kj
Energy	259kcal
Protein	9g
Carbs	37g
of which sugars	11.5g
Fibre	3.5g
Fat	8.2g
of which saturated	4g
Sodium	317.1mg

Allergens

Gluten, Wheat, Tree Nuts, Cow's Milk

Eat  
Within  
3 Days