



# UCCOOK

## Cranberry & Cream Cheese Croissant

with walnuts

**Hands-on Time:** 10 minutes

**Overall Time:** 10 minutes

**Lunch:** Serves 3 & 4

**Chef:** Samantha du Toit

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 1477kJ   | 3907kJ      |
| Energy             | 353kcal  | 934kcal     |
| Protein            | 6.9g     | 18.2g       |
| Carbs              | 38g      | 100g        |
| of which sugars    | 14.4g    | 38.2g       |
| Fibre              | 4.2g     | 11.1g       |
| Fat                | 19.4g    | 51.2g       |
| of which saturated | 9.4g     | 24.9g       |
| Sodium             | 237mg    | 626mg       |

**Allergens:** Sulphites, Gluten, Tree Nuts, Wheat, Cow's Milk, Soya

**Spice Level:** None

Eat Within 4 Days

Ingredients & Prep Actions:

|          |            |                   |
|----------|------------|-------------------|
| Serves 3 | [Serves 4] |                   |
| 3        | 4          | Croissants        |
| 150ml    | 200ml      | Cream Cheese      |
| 45ml     | 60ml       | Honey             |
| 90g      | 120g       | Dried Cranberries |
| 60g      | 80g        | Walnuts           |
| 60g      | 80g        | Green Leaves      |
|          |            | <i>rinse</i>      |

From Your Kitchen

Seasoning (salt & pepper)  
Water

1. **WARM CROISSANT** Heat the croissants in a microwave until softened, 15 seconds. Allow to cool slightly before slicing and assembling.
2. **FLAVOURFUL FILLING** In a small bowl, combine the cream cheese with the honey (to taste). Smear the bottom half of the croissants with the honey cream cheese. Scatter over the cranberries and the walnuts. Top with the green leaves. Close up and dig in, Chef!