



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!