



NZ Breakfast Parfait

with Greek Yogurt, Kiwifruit & Mānuka Honey | Serves 2

INGREDIENTS

Parfait

- 1 cup plain Greek yoghurt
- 2 green kiwifruit, peeled and diced into ½-inch pieces
- 2 tsp UMF™ Mānuka honey, plus extra to decorate the glasses

Toasted Nut and Seed Topping

- 2 tbsp chopped walnuts
- 1 tbsp pumpkin seeds
- 1 tbsp unsweetened shredded coconut
- 2 tsp New Zealand dried blackcurrants

Each parfait contains 1 tsp UMF™ Mānuka honey, plus a little extra for decoration.

DIRECTIONS

Parfaits

- Using a teaspoon, create 2-3 streaks of UMF™ Mānuka honey around the inside of each serving glass.
- Spoon ½ cup Greek yoghurt into each glass, taking care not to disturb the honey streaks too much. Drizzle 1 tsp. UMF™ Mānuka honey over the yoghurt in each serving glass.
- Top with 1 diced green kiwifruit per parfait.
- Sprinkle the toasted nut and seed topping evenly between the parfaits.

Toasted Nut and Seed Topping

- Heat a medium frying pan over medium heat.
- Add the walnuts, pumpkin seeds and coconut. Cook, stirring frequently, until lightly golden and fragrant, about 3-4 minutes.
- Transfer the mixture to a plate or tray and cool completely.
- Stir through the dried blackcurrants.

Storage Instructions: The toasted nut and seed topping may be prepared up to 3 days in advance and stored in an airtight container at room temperature. Assemble the parfaits immediately before serving for the best texture.



Pumpkin Spice Mānuka Honey Energy Balls

Makes 12 energy balls | or 6 servings of 2 energy balls

INGREDIENTS

- 1 cup pecans (105 g)
- ½ cup unsweetened shredded coconut
- ¼ cup old-fashioned rolled oats
- 2 tsp pumpkin pie spice
- ¼ tsp fine sea salt
- 1 cup soft, pitted dates
- 2 Tbsp UMF™ Mānuka honey
- 2 tsp coconut oil
- 1-2 tsp water, as needed

Each serving (2 energy balls) provides a one teaspoon serve of UMF™ Mānuka honey.

DIRECTIONS

- Add the pecans, shredded coconut, rolled oats, pumpkin pie spice and sea salt to the bowl of a food processor. Process until the mixture resembles coarse crumbs.
- Add the dates, UMF™ Mānuka honey, coconut oil and 1 tsp. of water. Process until the mixture is finely chopped and comes together, scraping down the sides of the bowl as needed.
- Test the mixture by pressing a small amount between your fingers. The mixture should hold together easily when pressed and rolled into a ball. If not, add another 1 tsp. of water and process again.
- Roll the mixture into 12 even-sized balls. Leave plain or garnish as desired. Refrigerate for at least 1 hour, or until firm.

Note: If your dates are particularly dry, soak them in hot water for 10 minutes, then drain very well before using.

Storage Instructions: Store the energy balls in an airtight container in the refrigerator for up to 5 days.



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