

Pecan & Apricot Granola Bar

Ingredients: Gluten Free **OATS**, Butter (Cream (**MILK**), Salt), Golden Syrup (Invert Sugar Syrup), Brown Sugar (Sugar, Cane Molasses), Organic Dried Apricots (9%) (Organic Apricots, Organic Rice Flour), **PECAN NUTS** (6%), **ALMONDS** (4.5%), Pumpkin Seeds, Sunflower Seeds, Honey, Vanilla Flavouring, Ground Cinnamon, Salt, Linseeds, Ground Cardamom, Orange Oil.

Nutritional Information per slice: Energy: 1692kj, 404kcal, total fat: 24g, of which saturates: 10g, carbohydrate: 39g, of which sugars: 24g, protein: 6g, salt: 0.50g. *Adults need around 2000 kcal a day.*

Orange Cobble Crunch

Ingredients: Butter (Cream (**MILK**), Salt), Dark Chocolate (19%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: **SOYA** Lecithin; Natural Vanilla Flavouring), Honeycomb (15%) (Sugar, Glucose Syrup, Palm Kernel Oil, Palm Oil, Bicarbonate Of Soda, Rice Flour), White Chocolate (13%) (Sugar, Cocoa Butter, Whole **MILK** Powder, Emulsifier: **SOYA** Lecithin; Natural Vanilla Flavouring), Marzipan (9%) (Sugar, **ALMONDS**, Glucose Syrup, Water, Invert Sugar Syrup, Preservative: Potassium Sorbate), **ALMONDS** (7%), Golden Syrup (Invert Sugar Syrup), Orange Oil.

Nutritional Information per slice: Energy: 2002kj, 479kcal, total fat: 37g, of which saturates: 22g, carbohydrate: 31g, of which sugars: 29g, protein: 4.5g, salt: 0.50g. *Adults need around 2000 kcal a day.*

Berry & Beetroot Brownie

Ingredients: Dark Chocolate (29%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: **SOYA** Lecithin; Natural Vanilla Flavouring), Dark Brown Sugar (Sugar, Cane Molasses), Butter (Cream (**MILK**), Salt), Pasteurised **EGG**, Gluten Free Flour (Rice Flour, Potato Starch, Tapioca Starch, Maize Flour, Buckwheat Flour), Beetroot (3.5%), Raspberries (2.5%), Vanilla Flavouring, Gluten Free Baking Powder (Raising Agents: Mono Calcium Phosphate, Sodium Bicarbonate; Corn Starch), Stabiliser: Xanthan Gum.

Nutritional Information per slice: Energy: 1654kj, 395kcal, total fat: 24g, of which saturates: 15g, carbohydrate: 41g, of which sugars: 33g, protein: 4.6g, salt: 0.36g. *Adults need around 2000 kcal a day.*

Ginger Jake

Ingredients: Gluten Free **OATS** (29%), Dark Brown Sugar (Sugar, Cane Molasses), Butter (Cream (**MILK**), Salt), Ginger (11%) (Stem Ginger, Sugar, Water), Gluten Free Flour (Rice Flour, Potato Starch, Tapioca Starch, Maize Flour, Buckwheat Flour), Demerara Sugar, Ground Ginger (1%) (Preservative: **SULPHUR DIOXIDE**), Stabiliser: Xanthan Gum.

Nutritional Information per slice: Energy: 1687kj, 403kcal, total fat: 16g, of which saturates: 9.8g, carbohydrate: 58g, of which sugars: 35g, protein: 4.5g, salt: 0.31g. *Adults need around 2000 kcal a day.*

Chocolate Nancy

Ingredients: Sweetened Condensed **MILK** (17%) (**MILK**, Sugar), Sultanas (17%) (Sultanas, Sunflower Oil), Gluten Free **OATS**, Butter (Cream (**MILK**), Salt), Sweetened Dried Cranberries (11%) (Cranberries, Sugar, Sunflower Oil), Dark Chocolate (10%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: **SOYA** Lecithin; Natural Vanilla Flavouring), Dried Apricots (8%) (Dried Apricots, Rice Flour, Preservative: **SULPHUR DIOXIDE**), Desiccated Coconut, **PISTACHIO NUTS**, Lemon Zest, Lemon Flavouring.

Nutritional Information per slice: Energy: 1345kj, 321kcal, total fat: 17g, of which saturates: 11g, carbohydrate: 38g, of which sugars: 25g, protein: 4.2g, salt: 0.24g. *Adults need around 2000 kcal a day.*

Mocha Pecan Blondie

Ingredients: White Chocolate (25%) (Sugar, Cocoa Butter, Whole **MILK** Powder, Emulsifier: **SOYA** Lecithin; Natural Vanilla Flavouring), Sugar, Gluten Free Flour (Rice Flour, Potato Starch, Tapioca Starch, Maize Flour, Buckwheat Flour), Butter (Cream (**MILK**), Salt), Pasteurised **EGG**, **PECAN NUTS** (6%), Coffee, Water, Vanilla Flavouring, Gluten Free Baking Powder (Raising Agents: Mono Calcium Phosphate, Sodium Bicarbonate; Corn Starch), Stabiliser: Xanthan Gum.

Nutritional Information per slice: Energy: 1744kj, 417kcal, total fat: 24g, of which saturates: 12g, carbohydrate: 47g, of which sugars: 32g, protein: 4.4g, salt: 0.31g. *Adults need around 2000 kcal a day.*

Contains: **Almonds, Egg, Milk, Oats, Pecan Nuts, Pistachio Nuts, Soya, Sulphur Dioxide**