



## Gingernut Cookies

### NUTRITION INFORMATION

SERVINGS PER PACKAGE : Approx 8

SERVING SIZE : 20g (approx. 2 cookies)

		Quantity per serving (20g)	Quantity per 100g
ENERGY	KJ	293	1470
PROTEIN	g	0.6g	2.8g
FAT	TOTAL g	1.9g	9.4g
	SATURATED g	0.9g	4.4g
	TRANS g	<0.1g	<0.1g
CARBOHYDRATE	TOTAL g	12.5g	62.5g
	SUGARS g	6.4g	32.1g
FIBRE	g	0.3g	1.7g
SODIUM	mg	15mg	65mg
	Gluten g	not detected	not detected
	Cholesterol	< 1mg	< 1mg
	Lactose g	not detected	not detected
	Galatose g	not detected	not detected

### Ingredients

Gluten free flour (Tapioca, Chickpea, Potato, Rice), Raw Sugar, Treacle, Vegetable Shortening [(Palm Oil, Antioxidant(Vit E)], Ginger Powder (4%), Golden Syrup, Guar Gum, Xanthum Gum, Raising Agent - Sodium Bicarbonate, Salt.

### May contain

Traces of Nuts (peanuts & tree nuts), Soy & Sulphites

## Coconut Cookies

### NUTRITION INFORMATION

SERVINGS PER PACKAGE : Approx 8

SERVING SIZE : 20g (approx. 2 cookies)

		Quantity per serving (20g)	Quantity per 100g
ENERGY	KJ	410	2050
PROTEIN	g	0.9g	4.6g
FAT	TOTAL g	5.2g	26.2g
	SATURATED g	3.4g	17g
	TRANS g	<0.1g	<0.1g
CARBOHYDRATE	TOTAL g	11.9g	59.6g
	SUGARS g	6.9g	34.3g
FIBRE	g	0.9g	4.3g
SODIUM	mg	15mg	70mg
	Gluten g	not detected	not detected
	Cholesterol	< 1mg	< 1mg
	Lactose g	not detected	not detected
	Galatose g	not detected	not detected

### Ingredients

Gluten free flour (Tapioca, Chickpea), Castor Sugar, Coconut (17%), Vegetable Shortening [(Palm Oil, Antioxidant(Vit E)], Golden Syrup, Flavours, Salt

### May contain

Sulphites & traces of Nuts (peanuts & tree nuts) & Soy