



Apricot

NUTRITION INFORMATION

SERVINGS PER PACKAGE : 2

SERVING SIZE : **42.5gm**

		Qty per serve (42.5g)	Quantity per 100 g
ENERGY	KJ	620	1460
PROTEIN	g	3.3g	7.7g
FAT	TOTAL g	1.8g	4.3g
	SATURATED g	0.8g	1.8g
	TRANS g	<0.1g	<0.1g
	POLY g	0.4g	1.0g
	MONO g	0.6g	1.3g
CARBOHYDRATE	TOTAL g	27.9g	65.6g
	SUGARS g	18.6g	43.9g
FIBRE	g	3.2g	7.6g
SODIUM	mg	9mg	21mg
	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 (Chick pea, Tapioca, Rice), * Dried Apricot (12%), Dates, Fructose, Sultanas, Almonds, Coconut, Raising Agent – Sodium Bicarbonate, Flavour

* Contains SULPHITES

May contain

Traces of Nuts (peanuts & tree nuts) & Soy



Banana

NUTRITION INFORMATION

SERVINGS PER PACKAGE : 2

SERVING SIZE : **42.5gm**

		Qty per serve (42.5g)	Quantity per 100 g
ENERGY	KJ	627	1480
PROTEIN	g	3.2g	7.6g
FAT	TOTAL g	1.7g	4.0g
	SATURATED g	0.8g	1.8g
	TRANS g	<0.1g	<0.1g
	POLY g	0.4g	1.0g
	MONO g	0.5g	1.2g
CARBOHYDRATE	TOTAL g	27.3g	64.3g
	SUGARS g	17.5g	41.2g
FIBRE	g	3.2g	7.5g
SODIUM	mg	25mg	60mg
	Gluten g	Not Detected	Not Detected
	Cholesterol	< 1mg	< 1mg
	Lactose g	Not Detected	Not Detected
	Galatose g	Not Detected	Not Detected

Ingredients

Dates, Gluten Free Flour (Chick pea, Tapioca, Rice), Dried Banana (10%), Fructose, Sultanas, Almonds, Coconut, Raising Agent – Sodium Bicarbonate, Flavour

May contain

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



Apple & Cinnamon

NUTRITION INFORMATION

SERVINGS PER PACKAGE : 2

SERVING SIZE : **42.5gm**

		Qty per serve (42.5g)	Quantity per 100 g
ENERGY	KJ	564	1328
PROTEIN	g	3.0g	7.0g
FAT	TOTAL g	0.5g	1.2g
	SATURATED g	0.0g	0.1g
	TRANS g	0.0g	0.0g
	POLY g	0.4g	0.8g
	MONO g	0.1g	0.3g
CARBOHYDRATE	TOTAL g	29.8g	70.0g
	SUGARS g	17.0g	40.0g
FIBRE	g	3.8g	9.0g
SODIUM	mg	12mg	29mg
	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 (chick pea, Corn, Tapioca, Rice), *Dried Apple (8%), Sultanas, Dates, Raisins, Currants, Brown rice syrup, Fruit Concentrate, Inulin, Citrus peel, Fructose, Raising agent - Sodium bicarbonate, Cinnamon (0.01%), Flavour
* Contains SULPHITES

May contain

Traces of Nuts (peanuts & tree nuts) & Soy