



## Apple

### NUTRITION INFORMATION

SERVINGS PER PACKAGE : 5

SERVING SIZE : **38gm**

		Quantity per serving (38g )	Quantity per 100 g
ENERGY	kJ	500	1300
PROTEIN	g	1.5	4
FAT	TOTAL g	0.3	0.9
	SATURATED g	<0.1	<0.1
	TRANS g	Not Detected	Not Detected
	POLY g	0.2g	0.4g
	MONO g	0.1g	0.3g
CARBOHYDRATE	TOTAL g	26.9	70.8
	SUGARS g	18.9	49.8
FIBRE	g	1.9	5.1
SODIUM	mg	44mg	115mg
	Gluten g	Not Detected	Not Detected
	Cholesterol	<1mg	<1mg
	Lactose g	Not Detected	Not Detected
	Galatose g	Not Detected	Not Detected

### Ingredients

Fruit filling (40% - sultanas, unsulphured apple (3.4%), flavour, antioxidant - ascorbic acid), Gluten free flour (tapioca, besan), Dates, Sultanas, Raising agent - Sodium bicarbonate

### May contain

Traces of Nuts (peanuts & tree nuts) & Soy

## Strawberry

### NUTRITION INFORMATION

SERVINGS PER PACKAGE : 5

SERVING SIZE : **38gm**

		Quantity per serving (38g )	Quantity per 100 g
ENERGY	kJ	500	1300
PROTEIN	g	1.5	4
FAT	TOTAL g	0.3	0.9
	SATURATED g	<0.1	<0.1
	TRANS g	Not Detected	Not Detected
	POLY g	0.2g	0.4g
	MONO g	0.1g	0.3g
CARBOHYDRATE	TOTAL g	26.9	70.8
	SUGARS g	18.9	49.8
FIBRE	g	1.9	5.1
SODIUM	mg	44mg	115mg
	Gluten g	Not Detected	Not Detected
	Cholesterol	<1mg	<1mg
	Lactose g	Not Detected	Not Detected
	Galatose g	Not Detected	Not Detected

### Ingredients

Fruit filling (40% - sultanas, strawberries (3.3%), flavour, natural colour, antioxidant - ascorbic acid), Gluten free flour (tapioca, besan), Dates, Sultanas, Raising agent - Sodium bicarbonate

### May contain

Traces of Nuts (peanuts & tree nuts) & Soy

## Triple Berry

### NUTRITION INFORMATION

SERVINGS PER PACKAGE : 5

SERVING SIZE : **38gm**

		QUANTITY PER SERVING (38g )	QUANTITY PER 100 g
ENERGY	kJ	500	1300
PROTEIN	g	1.5	4
FAT	TOTAL g	0.3	0.9
	SATURATED g	<0.1	<0.1
	TRANS g	Not Detected	Not Detected
	POLY g	0.2g	0.4g
	MONO g	0.1g	0.3g
CARBOHYDRATE	TOTAL g	26.9	70.8
	SUGARS g	18.9	49.8
FIBRE	g	1.9	5.1
SODIUM	mg	44mg	115mg
	Gluten g	Not Detected	Not Detected
	Cholesterol	<1mg	<1mg
	Lactose g	Not Detected	Not Detected
	Galatose g	Not Detected	Not Detected

### Ingredients

Fruit filling (40% - sultanas, dates, mixed berries [3% - blueberries, raspberries, blackberries], red currants, flavour, natural colour, antioxidant - ascorbic acid), Gluten free flour (tapioca, besan), Dates, Sultanas, Raising agent - Sodium bicarbonate

### May contain

Traces of Nuts (peanuts & tree nuts) & Soy