

Name of Product	Quantity	Ingredients	Allergen Declaration	Directions/ Cooking Instructions	Storage Instructions
Cinnamon, Hazelnut & Almond Butter	200g	CONTAINS NUTS: Almonds, Hazelnuts (20%), Cinnamon(1.6%), Organic Cacao Powder. See allergens in bold .	Produced in a factory that handles peanuts, sesame and other nuts.	Spread it on toast, stir it into porridge, swirl it into yoghurt, blend it into a smooth or just stick a spoonful straight in.	Store in a cool, dry place. Once open, consume within 3 months.
Cacao, Cashew & Almond Butter	200g	CONTAINS NUTS: Almonds, Cashew Nuts (17%), Organic Cacao Paste (8%), Organic Coconut, Organic Raw Cacao Nibs. See allergens in bold .	Produced in a factory that handles peanuts, sesame and other nuts.	Spread it on toast, stir it into porridge, swirl it into yoghurt, blend it into a smooth or just stick a spoonful straight in.	Store in a cool, dry place. Once open, consume within 3 months.
Coconut, Macadamia & Almond Butter	200g	CONTAINS NUTS: Almonds, Organic Coconut (25%), Macadamia Nuts (10%), Organic Sunflower Seeds. See allergens in bold .	Produced in a factory that handles peanuts, sesame and other nuts.	Spread it on toast, stir it into porridge, swirl it into yoghurt, blend it into a smooth or just stick a spoonful straight in.	Store in a cool, dry place. Once open, consume within 3 months.
Maca, Pecan & Almond Butter	200g	CONTAINS NUTS: Almonds, Pecans, Organic Maca Powder (2%). See allergens in bold .	Produced in a factory that handles peanuts, sesame and other nuts.	Spread it on toast, stir it into porridge, swirl it into yoghurt, blend it into a smooth or just stick a spoonful straight in.	Store in a cool, dry place. Once open, consume within 3 months.

Supplied by Nut Blend Limited, 78 York Street, London W1H 1DP

Product Name	Nutritional Information			Product Name	Nutritional Information		
Cinnamon, Hazelnut & Almond Butter	NUTRITIONAL INFORMATION: Recommended serving size 15g			Coconut, Macadamia & Almond Butter	NUTRITIONAL INFORMATION: Recommended serving size 15g		
	Typical Values	Per 100g	Per 15g		Typical Values	Per 100g	Per 15g
	Energy (kcal)	614	93		Energy (kcal)	656	98
	Energy (kJ)	2499	384		Energy (kJ)	2730	410
	Protein	19.5g	3.0g		Protein	15.7g	2.4g
	Fat	49.1g	7.7g		Fat	56.7g	8.5g
	of which saturates	4.0g	1.6g		of which saturates	18.3g	2.7g
	Carbohydrates	20.1g	2.8g		Carbohydrates	20.2g	3.0g
	of which sugars	4.5g	0.7g		of which sugars	4.8g	0.7g
	Fibre	12.4g	1.5g		Fibre	12.5g	1.9g
	Salt	0.0g	0.0g		Salt	0.0g	0.0g
Cacao, Cashew & Almond Butter	NUTRITIONAL INFORMATION: Recommended serving size 15g			Maca, Pecan & Almond Butter	NUTRITIONAL INFORMATION: Recommended serving size 15g		
	Typical Values	Per 100g	Per 15g		Typical Values	Per 100g	Per 15g
	Energy (kcal)	617	93		Energy (kcal)	618	93
	Energy (kJ)	2557	384		Energy (kJ)	2562	384
	Protein	19.8g	3.0g		Protein	20.1g	3.0g
	Fat	51.1g	7.7g		Fat	50.9g	7.6g
	of which saturates	10.6g	1.6g		of which saturates	4.0g	0.6g
	Carbohydrates	18.4g	2.8g		Carbohydrates	19.6g	2.9g
	of which sugars	4.5g	0.7g		of which sugars	5.3g	0.8g
	Fibre	10.2g	1.5g		Fibre	11.2g	1.7g
	Salt	0.0g	0.0g		Salt	0.0g	0.0g