Gluten Free Letter Box Hamper – ingredients and allergens.

Sheffield Honey Company Honey 50g. Ingredients: honey

Boddingtons Raspberry conserve 48. Ingredients: Raspberries, sugar.

Sogud oat and almond square 42g. Ingredients: Oats, butter, honey, almonds, sultanas, orange peel, lemon peel, coconut, glucose, sucrose, chia seeds, potato starch, natural almond flavouring, salt.

Melting Pot Salted Caramel Fudge 90g. Ingredients: Sugar, milk, butter, golden syrup, salt.

Wholey Moley Cookie 38g. Ingredients: Gluten free rolled oats, almonds, cashews, rice syrup, date syrup, sun flower oil, cacao butter, cacao nibs, chicory fibre, cacao powder, gluten free oat flour, orange oil.

Allergens: Contains milk, dairy, gluten, nuts. Not suitable for nut allergy sufferers.