

Name of Product	Quantity	Ingredients	Allergen Declaration	Directions / Cooking Instructions	Storage Instructions
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 yoghurt, blend it into a smoothie or just stick a spoonful straight in.	Store in a cool, dry place. Once open, consume within 3 months.

Nutritional Information

NUTRITIONAL INFORMATION: Recommended serving size 15g		
Typical Values	Per 100g	Per 15g
Energy (kcal)	656	98
Energy (kJ)	2730	410
Protein	15.7g	2.4g
Fat	56.7g	8.5g
of which saturates	18.3g	2.7g
Carbohydrates	20.2g	3.0g
of which sugars	4.8g	0.7g
Fibre	12.5g	1.9g
Salt	0.0g	0.0g