

FRESH FRUIT & MUFFIN HAMPER CONTENTS INGREDIENTS

Fresh Apples

N/A

Fresh Kiwi Fruit

N/A

Oranges

N/A

Bunch of Red Grapes, 250g

N/A

Bunch of Green Grapes, 250g

N/A

Banana

N/A

Pink Grapefruit

N/A

Lizzie's, Raspberry Tulip Muffin

NUTRIENTS	per 100g
ENERGY (Kj/Kcal):	1836/438
PROTEIN (g):	4.9
CARBOHYDRATE (g):	56.5
of which SUGARS (g):	30.2
FAT (g):	21
of which SATURATES (g):	4
SALT (g):	0.59

Lizzie's, Blueberry Tulip Muffin

NUTRIENTS	per 100g
ENERGY (Kj/Kcal):	1689/403
PROTEIN (g):	4.8
CARBOHYDRATE (g):	49.3
of which SUGARS (g):	22
FAT (g):	20.4
of which SATURATES (g):	2.6
SALT (g):	0.63

Lizzie's, Double Chocolate Tulip Muffin

NUTRIENTS	per 100g
ENERGY (Kj/Kcal):	1850/442
PROTEIN (g):	5.3
CARBOHYDRATE (g):	52.3
of which SUGARS (g):	25.9
FAT (g):	23
of which SATURATES (g):	4.1
SALT (g):	0.61