

Healthy & Wellness Letter Box Hamper – ingredients and allergens.

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.

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.

Squished Fruit's Blueberry energy balls 40g. Ingredients: Blueberries, date paste, dried apricots, rice flour, agave syrup, ground almonds, desiccated coconut, natural vanilla flavouring, blueberry powder.

Cambrook Hickory Smoked Almonds 45g. Ingredients: Almonds, hickory smoke seasoning (salt, maltodextrin, yeasts extract, dextrose, smoke flavouring, rapeseed oil. Acidity regulator, citric acid, stabiliser, gum Arabic.

Sheffield Honey Company Honey 50g. Ingredients: honey

Love Snacks Toasted cashews 22g. Ingredients: Cashew nuts, cane sugar, cacao, vanilla extract, sea salt.

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