

NUTRITIONAL INFORMATION

Wholefood Balls

CHOCOLATE PEANUT BUTTER

Ingredients: Dates, Peanuts, Peanut Butter, Desiccated Coconut, Pea Protein, Salt, Chocolate Coating (Vegetable Fat, Cocoa Powder, Emulsifier (Soy 322), Diced Peanuts, Erythritol, Stevia).

Serving Size	50g	100g
Energy	1010kj	2010kj
Protein	6.2g	12.4g
Fat Total	14.8g	29.7g
- Saturated	4.9g	9.8g
Carbohydrate	20.4g	40.9g
- Sugar	12.6g	25.2g
Sodium	119mg	239mg



ALLERGENS: Contains Peanut, Soy and Sulphites. May contain traces of Almond, Cashew and Hazelnut.

HAZELNUT CHOCOLATE

Ingredients: Dates, Almonds, Cocoa Mass, Cocoa Powder, Hazelnuts, Pea Protein, Salt, Hazelnut Flavour, Chocolate Coating (Vegetable Fat, Cocoa Powder, Emulsifier (Soy 322), Erythritol, Stevia, Hazelnuts).

Serving Size	50g	100g
Energy	994kj	1988kj
Protein	5.7g	11.4g
Fat Total	13.8g	27.7g
- Saturated	4.9g	9.8g
Carbohydrate	20.4g	40.9g
- Sugar	12.6g	25.2g
Sodium	119mg	239mg



ALLERGENS: Contains Hazelnut, Almond and Soy. May contain traces of Peanut and Cashew.

ORANGE YOGHURT

Ingredients: Dates, Almonds, Cocoa Mass, Cocoa Powder, Pea Protein Salt, Coating (Sugar, Vegetable Fat, Milk Solids, Yoghurt Powder, Natural Colour, Natural Flavour, Emulsifier (Soy 322), Citric Acid).

Serving Size	45g	100g
Energy	1000kj	2220kj
Protein	3.5g	7.7g
Fat Total	14.7g	32.6g
- Saturated	7.3g	16.3g
Carbohydrate	21.5g	47.8g
- Sugar	21.5g	47.7g
Sodium	20mg	44mg



ALLERGENS: Contains Almond and Soy. May contain traces of Peanut, Cashew and Hazelnut.

CHOCOLATE CRUNCH

Ingredients: Dates, Almonds, Cocoa Mass, Cocoa Powder, Cocoa Nibs, Pea Protein, Salt, Vanilla Flavour.

Serving Size	40g	100g
Energy	684kj	1710kj
Protein	4.4g	11.1g
Fat Total	7.7g	19.2g
- Saturated	2.7g	6.8g
Carbohydrate	16.2g	40.6g
- Sugar	14.8g	37.1g
Sodium	81mg	203mg



ALLERGENS: Contains Almond and Sulphites. May contain traces of Peanut, Cashew, Soy and Hazelnut.

CHOCOLATE BROWNIE

Ingredients: Dates, Almonds, Cocoa Mass, Cocoa Powder, Cocoa Nibs, Pea Protein, Salt, Vanilla Flavour, Chocolate Coating (Vegetable Fat, Cocoa Powder, Emulsifier (Soy 322), Erythritol, Stevia).

Serving Size	45g	100g
Energy	843kj	1870kj
Protein	5.1g	11.3g
Fat Total	12.1g	27g
- Saturated	4.1g	9.2g
Carbohydrate	19.4g	43g
- Sugar	12.1g	26.8g
Sodium	32mg	72mg



ALLERGENS: Contains Almond and Soy. May contain traces of Peanut, Cashew and Hazelnut.

PEPPERMINT CHOCOLATE

Ingredients: Dates, Almonds, Cocoa Mass, Cocoa Powder, Cocoa Nibs, Pea Protein, Salt, Vanilla Flavour, Chocolate Coating (Vegetable Fat, Cocoa Powder, Emulsifier (Soy 322), Erythritol, Stevia, Peppermint Oil).

Serving Size	45g	100g
Energy	843kj	1870kj
Protein	5.1g	11.3g
Fat Total	12.1g	27g
- Saturated	4.1g	9.2g
Carbohydrate	19.4g	43g
- Sugar	12.1g	26.8g
Sodium	32mg	72mg



ALLERGENS: Contains Almond and Soy. May contain traces of Peanut, Cashew and Hazelnut.

PEANUT BUTTER

Ingredients: Dates, Peanuts, Peanut Butter, Desiccated Coconut, Pea Protein, Salt.

Serving Size	40g	100g
Energy	742kj	1860kj
Protein	5.1g	12.7g
Fat Total	9.2g	23g
- Saturated	2.2g	5.4g
Carbohydrate	16.8g	42g
- Sugar	14.5g	36.3g
Sodium	138mg	344mg



ALLERGENS: Contains Peanut and Sulphites. May contain traces of Almond, Cashew, Soy and Hazelnut.

SALTED CARAMEL

Ingredients: Date, Almonds, Cashews, Cocoa Nibs, Desiccated Coconut, Pea Protein, Salt, Caramel Flavour.

Serving Size	40g	100g
Energy	705kj	1760kj
Protein	4.2g	10.5g
Fat Total	8.8g	21.9g
- Saturated	3g	7.6g
Carbohydrate	16.1g	40.2g
- Sugar	14.6g	36.4g
Sodium	58mg	146mg



ALLERGENS: Contains Peanut, Soy and Sulphites. May contain traces of Almond, Cashew and Hazelnut.

STRAWBERRY YOGHURT

Ingredients: Dates, Cashews, Desiccated Coconut, Pea Protein, Lemon Juice Concentrate, Salt, Coating (Sugar, Vegetable Fat, Milk Solids, Yoghurt Powder, Natural Colour, Natural Flavour, Emulsifier (Soy 322), Citric Acid).

Serving Size	45g	100g
Energy	852kj	1893kj
Protein	4.6g	10.1g
Fat Total	11.7g	26g
- Saturated	7.5g	16.7g
Carbohydrate	19.6g	43.5g
- Sugar	16.4g	36.5g
Sodium	28mg	63mg



ALLERGENS: Contains Cashew, Soy and Sulphites. May contain traces of Peanut, Almond and Hazelnut.

LEMON YOGHURT

Ingredients: Dates, Cashews, Desiccated Coconut, Pea Protein, Lemon Juice Concentrate, Salt, Coating (Sugar, Vegetable Fat, Milk Solids, Yoghurt Powder, Natural Colour, Natural Flavour, Emulsifier (Soy 322), Citric Acid).

Serving Size	45g	100g
Energy	852kj	1893kj
Protein	4.6g	10.1g
Fat Total	11.7g	26g
- Saturated	7.5g	16.7g
Carbohydrate	19.6g	43.5g
- Sugar	16.4g	36.5g
Sodium	28mg	63mg



ALLERGENS: Contains Cashew, Soy and Sulphites. May contain traces of Peanut, Almond and Hazelnut.

BERRY CRUNCH

Ingredients: Dates, Almonds, Cashews, Desiccated Coconut, Buckwheat Groats, Lemon Juice Concentrate, Salt, Berry Flavour.

Serving Size	40g	100g
Energy	746kj	1870kj
Protein	3.1g	7.8g
Fat Total	9.8g	24.6g
- Saturated	3.9g	9.7g
Carbohydrate	17.2g	43.1g
- Sugar	14.9g	37.3g
Sodium	5mg	13mg



ALLERGENS: Contains Almond, Cashew and Sulphites. May contain traces of Peanut, Soy and Hazelnut.

LEMON ZING

Ingredients: Dates, Cashews, Desiccated Coconut, Pea Protein, Lemon Juice Concentrate, Salt.

Serving Size	40g	100g
Energy	720kj	1800kj
Protein	4g	10g
Fat Total	9.2g	23.1g
- Saturated	4.6g	11.4g
Carbohydrate	16.3g	40.8g
- Sugar	15g	37.5g
Sodium	56mg	139mg



ALLERGENS: Contains Cashew and Sulphites. May contain traces of Peanut, Almond, Soy and Hazelnut.

NUTRITIONAL INFORMATION

Slices

SNICKERZ PEANUT CARAMEL SLICE

Ingredients: Date, Peanut, Cashew, Cocoa, Coconut Oil, Rice Malt Syrup, Cocoa Butter, Pure Maple Syrup, Himalayan Sea Salt.

Serving Size	60g	100g
Energy	1300kj	2170kj
Protein	4.8g	7.9g
Fat Total	22.1g	36.9g
- Saturated	12.7g	21.2g
Carbohydrate	21.2g	35.5g
- Sugar	18.5g	30.8g
Sodium	48mg	79mg



ALLERGENS: Contains Cashew, Peanut and Sulphites. May contain traces of Almond, Hazelnut and Soy.

CARAMEL LATTE CHEESECAKE

Ingredients: Cashew, Coconut Oil, Cocoa Butter, Coconut Milk, Date, Cocoa, Coconut, Vanilla, Rice Malt Syrup, Coconut Sugar, Coffee, Caramel Flavour.

Serving Size	60g	100g
Energy	1410kj	2360kj
Protein	5.9g	9.9g
Fat Total	27.3g	45.5g
- Saturated	12.4g	20.8g
Carbohydrate	16g	26.6g
- Sugar	11.3g	18.9g
Sodium	6mg	10mg



ALLERGENS: Contains Cashew and Sulphites. May contain traces of Peanut, Almond, Hazelnut and Soy.

CHOC FUDGE SLICE *KETO*

Ingredients: Cashew, Coconut, Almond, Cocoa, Xylitol, Coconut Milk, Coconut Oil, Cocoa Butter, Freeze Dried Berry.

Serving Size	60g	100g
Energy	1500kj	2500kj
Protein	7g	11.6g
Fat Total	33.9g	56.4g
- Saturated	15.1g	25.2g
Carbohydrate	5.1g	8.6g
- Sugar	2.4g	3.9g
Sodium	12mg	20mg



ALLERGENS: Contains Almond, Cashew and Sulphites. May contain traces of Peanut, Hazelnut and Soy.

BERRY WHITE CHOC SLICE

Ingredients: Cranberry, Cashew, Cacao Butter, Almond, Coconut, Rice Malt Syrup, Maple Syrup, Vanilla, Raspberry Oil, Beetroot.

Serving Size	60g	100g
Energy	1350kj	2250kj
Protein	5.4g	9.1g
Fat Total	25.8g	43g
- Saturated	10.4g	17.4g
Carbohydrate	15.7g	26.1g
- Sugar	13.5g	22.5g
Sodium	4mg	6mg



ALLERGENS: Contains Cashew, Almond and Sulphites. May contain Peanut, Hazelnut and Soy.

BERRY LEMON CHEESECAKE

Ingredients: Cashew, Coconut Oil, Cacao Butter, Cocoa, Coconut, Date, Rice Malt Syrup, Lemon, Berry, Beetroot Powder, Raspberry Flavour, Coconut Milk.

Serving Size	60g	100g
Energy	1250kj	2090kj
Protein	5.2g	8.7g
Fat Total	23.5g	39.1g
- Saturated	10.9g	18.1g
Carbohydrate	15.7g	26.1g
- Sugar	11.4g	19g
Sodium	6mg	9mg



ALLERGENS: Contains Cashew and Sulphites. May contain Almond, Peanut, Hazelnut and Soy.

RED VELVET SLICE *KETO*

Ingredients: Cashew, Almond, Coconut, Lemon, Xylitol, Coconut Oil, Coconut Milk, Raspberry Oil, Beetroot, Coconut Milk.

Serving Size	60g	100g
Energy	860kj	1430kj
Protein	3.7g	6.1g
Fat Total	16.2g	27g
- Saturated	7.5g	12.6g
Carbohydrate	4.4g	7.3g
- Sugar	2.1g	3.6g
Sodium	6mg	10mg



ALLERGENS: Contains Almond, Cashew and Sulphites. May contain traces of Peanut, Hazelnut and Soy.

LEMON TART SLICE *KETO*

Ingredients: Cashew, Almond, Coconut, Lemon, Xylitol, Coconut Oil, Coconut Milk, Turmeric.

Serving Size	60g	100g
Energy	1210kj	2020kj
Protein	5.1g	8.6g
Fat Total	24.9g	41.5g
- Saturated	12.5g	20.8g
Carbohydrate	3.9g	6.5g
- Sugar	2.6g	4.3g
Sodium	5mg	8mg



ALLERGENS: Contains Almond, Cashew and Sulphites. May contain traces of Peanut, Hazelnut and Soy.

PEANUT CARAMEL BAR

Ingredients: Date, Peanuts, Cashew, Cocoa, Coconut Oil, Rice Malt Syrup, Cacao Butter, Maple Syrup, Himalayan Sea Salt.

Serving Size	80g	100g
Energy	1740kj	2170kj
Protein	6.4g	7.9g
Fat Total	29.5g	36.9g
- Saturated	16.9g	21.2g
Carbohydrate	28.3g	35.4g
- Sugar	24.7g	30.8g
Sodium	63mg	79mg



ALLERGENS: Contains Peanut, Cashew and Sulphites. May contain traces of Almond, Hazelnut and Soy.

BERRY RIPE BAR

Ingredients: Coconut, Dried Cranberry, Rice Malt Syrup, Coconut Oil, Cacao Butter, Maple Syrup, Cocoa, Rose Petals, Orange, Beetroot.

Serving Size	80g	100g
Energy	1430kj	2040kj
Protein	2.7g	3.8g
Fat Total	24.6g	35.2g
- Saturated	19.1g	27.3g
Carbohydrate	24.8g	35.5g
- Sugar	22.7g	32.5g
Sodium	11mg	15mg



ALLERGENS: Contains Sulphites. May contain traces of Peanut, Almond, Cashew, Hazelnut and Soy.

Keto Wholefood Balls

CHOC FUDGE *KETO*

Ingredients: Coconut, Almond, Coconut Cream, Xylitol, Cocoa.

Serving Size	40g	100g
Energy	846kj	2110kj
Protein	3.8g	9.4g
Fat Total	17g	42.4g
- Saturated	8.4g	21g
Carbohydrate	2g	5.1g
- Sugar	1.7g	4.1g
Sodium	7mg	18mg



ALLERGENS: Contains Almond and Sulphites. May contain traces of Peanut, Cashew, Hazelnut and Soy.

BERRY *KETO*

Ingredients: Coconut, Almond, Coconut cream, Xylitol, Lemon, Beetroot, Raspberry Oil.

Serving Size	40g	100g
Energy	858kj	2150kj
Protein	3.7g	9.4g
Fat Total	17.3g	43.2g
- Saturated	8.3g	20.7g
Carbohydrate	1.8g	4.6g
- Sugar	1.7g	4.3g
Sodium	3mg	8mg



ALLERGENS: Contains Almond and Sulphites. May contain traces of Peanut, Cashew Hazelnut and Soy.

COCONUT DREAM *KETO*

Ingredients: Coconut, Almond, Coconut Cream, Xylitol.

Serving Size	40g	100g
Energy	872kj	2180kj
Protein	3.8g	9.4g
Fat Total	17.7g	44.2g
- Saturated	8.6g	21.6g
Carbohydrate	1.8g	4.5g
- Sugar	1.7g	4.3g
Sodium	4mg	9mg



ALLERGENS: Contains Almond and Sulphites. May contain traces of Peanut, Cashew, Hazelnut and Soy.