

ALL REALTM

NUTRITION

*Product
Nutrition
Information*

Almond & Vanilla



Nutritional Information

Typical Values	Per 100g	Per 60g Serving
Energy Kj/Kcal	1545 KJ / 366 Kcal	927 KJ / 219 Kcal
Fat	13 g	8.0 g
Saturates	1.5 g	0.9 g
Carbohydrate	22 g	13 g
Sugars	21 g	12 g
Fibre	16 g	9.5 g
Protein	33 g	20 g
Salt	0.2 g	0.1 g

INGREDIENTS

Milk Protein, Almonds(22%), Chicory Root Fibre, Dates, Honey, Grape Juice Concentrate, Rice Starch, Water, Irish Atlantic Sea Salt, Natural Vanilla Flavouring.

For allergens see ingredients in **bold**. May contain other nuts and peanuts.

Peanut Butter



Nutritional Information

Typical Values	Per 100g	Per 60g Serving
Energy Kj/Kcal	1519 KJ / 359 Kcal	911 KJ / 215 Kcal
Fat	13 g	7.8 g
Saturates	3.0 g	1.8 g
Carbohydrate	25 g	15 g
Sugars	21 g	12 g
Fibre	15 g	9.0 g
Protein	33 g	20 g
Salt	0.2 g	0.1 g

INGREDIENTS

Milk Protein, Peanuts(24%), Chicory Root Fibre, Dates, Honey, Grape Juice Concentrate, Rice Starch, Water, Irish Atlantic Sea Salt, Natural Flavouring.

For allergens see ingredients in **bold**. May contain other nuts.

Choc Sea Salt



Nutritional Information

Typical Values	Per 100g	Per 60g Serving
Energy Kj/Kcal	1523 KJ / 362 Kcal	914 KJ / 217 Kcal
Fat	12 g	7.2 g
Saturates	3.4 g	2.0 g
Carbohydrate	25 g	15 g
Sugars	20 g	12 g
Fibre	16 g	9.3 g
Protein	33 g	20 g
Salt	0.2 g	0.1 g

INGREDIENTS

Milk Protein, Chicory Root Fibre, **Almonds**, Dates, Cocoa Mass(6%), Honey, Cocoa Powder(4%), Grape Juice Concentrate, Rice Starch, Water, Irish Atlantic Sea Salt, Natural Flavouring.

For allergens see ingredients in **bold**. May contain other nuts and peanuts.

Cashew Cookie Dough



Nutritional Information

Typical Values	Per 100g	Per 60g Serving
Energy Kj/Kcal	1506 KJ / 357 Kcal	904 KJ / 214 Kcal
Fat	11 g	6.7 g
Saturates	3.5 g	2.1 g
Carbohydrate	26 g	16 g
Sugars	20 g	12 g
Fibre	14 g	8.7 g
Protein	33 g	20 g
Salt	0.2 g	0.1 g

INGREDIENTS

Milk Protein, Chicory Root Fibre, **Cashews**(18%), Dates, Cocoa Mass, Honey, Grape Juice Concentrate, Rice Starch, Water, Irish Atlantic Sea Salt, Natural Flavouring.

For allergens see ingredients in **bold**. May contain other nuts and peanuts.

Peanut Choc Chip



Nutritional Information

Typical Values	Per 100g	Per 60g Serving
Energy Kj/Kcal	1528 KJ / 365 Kcal	917 KJ / 219 Kcal
Fat	13 g	8.0 g
Saturates	4.6 g	2.8 g
Carbohydrate	25 g	15 g
Sugars	20 g	12 g
Fibre	15 g	8.8 g
Protein	33 g	20 g
Salt	0.2 g	0.1 g

INGREDIENTS

Milk Protein, Chicory Root Fibre, **Peanuts**(17%), Dates, Cocoa Mass(7%), Honey, Grape Juice Concentrate, Rice Starch, Water, Irish Atlantic Sea Salt, Natural Flavouring.

For allergens see ingredients in **bold**. May contain other nuts.

Lemon Coconut



Nutritional Information

Typical Values	Per 100g	Per 60g Serving
Energy Kj/Kcal	1516 KJ / 360 Kcal	909 KJ / 216 Kcal
Fat	13 g	7.6 g
Saturates	2.7 g	1.6 g
Carbohydrate	25 g	15 g
Sugars	21 g	12 g
Fibre	15 g	9.1 g
Protein	33 g	20 g
Salt	0.2 g	0.1 g

INGREDIENTS

Milk Protein, Chicory Root Fibre, **Almonds**, Dates, Coconut, Honey, Grape Juice Concentrate, Rice Starch, Water, Irish Atlantic Sea Salt, Natural Flavourings.

For allergens see ingredients in **bold**. May contain other nuts and peanuts.

Choc Hazelnut



Nutritional Information

Typical Values	Per 100g	Per 60g Serving
Energy Kj/Kcal	1508 KJ / 359 Kcal	905 KJ / 215 Kcal
Fat	11 g	6.8 g
Saturates	3.3 g	2.0 g
Carbohydrate	25 g	15 g
Sugars	19 g	11 g
Fibre	16 g	9.4 g
Protein	33 g	20 g
Salt	0.2 g	0.1 g

INGREDIENTS

Milk Protein, Chicory Root Fibre, **Hazelnuts**, Dates, Cocoa Mass(6%), Cocoa Powder(5%), Honey, Grape Juice Concentrate, Rice Starch, Water, Irish Atlantic Sea Salt, Natural Flavouring.

For allergens see ingredients in **bold**. May contain other nuts and peanuts.

Choc Mint



Nutritional Information

Typical Values	Per 100g	Per 60g Serving
Energy Kj/Kcal	1523 KJ / 362 Kcal	914 KJ / 217 Kcal
Fat	12 g	7.2 g
Saturates	3.4 g	2.0 g
Carbohydrate	25 g	15 g
Sugars	20 g	12 g
Fibre	16 g	9.3 g
Protein	33 g	20 g
Salt	0.2 g	0.1 g

INGREDIENTS

Milk Protein, Chicory Root Fibre, **Almonds**, Dates, Cocoa Mass(6%), Honey, Cocoa Powder(4%), Grape Juice Concentrate, Rice Starch, Water, Irish Atlantic Sea Salt, Natural Flavouring.

For allergens see ingredients in **bold**. May contain other nuts and peanuts.