

**PL20 Chocolate Mudcake****Nutrition Information**

Servings per package: 16

Serving size: 150.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	2450 kJ	1630 kJ
Protein	7.0 g	4.7 g
Fat, total	30.9 g	20.6 g
- saturated	21.3 g	14.2 g
Carbohydrate	67.8 g	45.2 g
- sugars	49.6 g	33.1 g
Sodium	339 mg	226 mg

**Best Before 5 Days Store Below 4°**

Water, butter, egg, flour, sugar, milk, cream, chocolate and oil

**PL12 Cointreau Orange & Almond (GF)\*****Nutrition Information**

Servings per package: 16

Serving size: 150.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	2170 kJ	1440kJ
Protein	5.5g	3.6g
Fat, total	25.2g	16.8g
- saturated	12.4g	8.3g
Carbohydrate	65.7g	43.8g
- sugars	46.8g	31.2g
Sodium	229mg	153mg

\*Please note all products may concern traces of nuts &amp; gluten

**Best Before 5 Days Store Below 4°**

Sugar, flour, almond meal, egg, baking powder, butter, orange juice and liqueur

**PL16 Lemon Curd Cheesecake****Nutrition Information**

Servings per package: 16

Serving size: 150.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	2140 kJ	1430kJ
Protein	10.8g	7.2g
Fat, total	27.8g	18.6g
- saturated	17.2g	11.5g
Carbohydrate	54.4g	36.3g
- sugars	40.0g	26.6g
Sodium	185mg	123mg

**Best Before 5 Days Store Below 4°**

Ricotta cheese, sugar, flour, egg, cream, lemon curd and butter

**PL08 Cookies and Cream****Nutrition Information**

Servings per package: 16

Serving size: 145.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	2320 kJ	1600 kJ
Protein	5.2 g	3.6 g
Fat, total	35.8 g	24.7 g
- saturated	23.4 g	16.1 g
Carbohydrate	53.2 g	36.7 g
- sugars	42.8 g	29.5 g
Sodium	189 mg	130 mg

**Best Before 4 Days Store Below 4°**

Water, sugar, coffee powder, butter, chocolate, egg, cocoa powder, baking soda, cream, milk, oil

**PL03 Carrot Cake (GF)\*****Nutrition Information**

Servings per package: 16

Serving size: 170.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	2450 kJ	1630 kJ
Protein	7.0 g	4.7 g
Fat, total	30.9 g	20.6 g
- saturated	21.3 g	14.2 g
Carbohydrate	67.8 g	45.2 g
- sugars	49.6 g	33.1 g
Sodium	339 mg	226 mg

\*Please note all products may concern traces of nuts &amp; gluten

**Best Before 5 Days Store Below 4°**

Sugar, oil, carrot, flour, egg, sultana, cinnamon, pineapple, cheese, butter &amp; pecan nuts

**PL26 Black Forest Gateaux****Nutrition Information**

Servings per package: 16

Serving size: 125.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	1870kJ	1490kJ
Protein	4.3g	3.4g
Fat, total	31.6g	25.3g
- saturated	21.5g	17.2g
Carbohydrate	36.1g	28.9g
- sugars	31.5g	25.2g
Sodium	75mg	60mg

**Best Before 5 Days Store Below 4°**

Cream, water, sugar, glucose, blackforest cherry mix, chocolate, egg, butter, cocoa powder

**PL25 Caramel Topped Cheesecake****Nutrition Information**

Servings per package: 16

Serving size: 162.50g

	Average Quantity per Serving	Average Quantity per 100 g
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Energy 1780kj 1100kj

Protein 11.3g 7.0g

Fat, total 29.2g 18.0g

- saturated 18.5g 11.4g

Carbohydrate 59.6g 36.6g

- sugars 46.5g 28.6g

Sodium 200mg 123mg

**Best Before 5 Days Store Below 4°**Ricotta cheese, sugar, cornflour, egg, cream caramel,  
butter and baking powder**PL04 White Chocolate Mudcake****Nutrition Information**

Servings per package: 16

Serving size: 168.00g

	Average Quantity per Serving	Average Quantity per 100 g
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Energy 3100kj 1840kj

Protein 8.5g 5.1g

Fat, total 43.7g 26.0g

- saturated 23.7g 14.1g

Carbohydrate 75.4g 44.9g

- sugars 57.4g 34.2g

Sodium 235mg 140mg

**Best Before 5 Days Store Below 4°**Butter, water, chocolate, milk, oil, flour, sugar, vanilla  
extract, egg, cream, macadamia nut & almond meal**PL23 Chocolate Topped Cheesecake****Nutrition Information**

Servings per package: 16

Serving size: 132.00g

	Average Quantity per Serving	Average Quantity per 100 g
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Energy 2560kj 1940kj

Protein 7.3g 5.5g

Fat, total 32.7g 24.8g

- saturated 21.9g 16.6g

Carbohydrate 70.1g 53.1g

- sugars 51.2g 38.8g

Sodium 343mg 260mg

**Best Before 5 Days Store Below 4°**

Ricotta cheese, sugar, flour, egg, butter &amp; chocolate

**PL06 Tiramisu****Nutrition Information**

Servings per package: 16

Serving size: 110.00g

	Average Quantity per Serving	Average Quantity per 100 g
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Energy 1790kj 1620kj

Protein 3.5g 3.2g

Fat, total 38.1g 34.7g

- saturated 24.5g 22.3g

Carbohydrate 18.8g 17.1g

- sugars 17.2g 15.7g

Sodium 53mg 48mg

**Best Before 4 Days Store Below 4°**Cream, chocolate, butter, egg, vanilla sponge ,  
sugar, flour, cocoa powder, cheese & coffee shots**PL17 Wildberry Cheesecake****Nutrition Information**

Servings per package: 16

Serving size: 148.00 g

	Average Quantity per Serving	Average Quantity per 100 g
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Energy 1230kj 834kj

Protein 8.1g 5.5g

Fat, total 22.0g 14.8g

- saturated 13.7g 9.3g

Carbohydrate 45.2g 30.5g

- sugars 33.1g 22.4g

Sodium 144mg 97mg

**Best Before 5 Days Store Below 4°**Ricotta sugar, flour, egg, cream, blueberries,  
blackberries, raspberries & dried currents**PL24 Passionfruit Topped Cheesecake****Nutrition Information**

Servings per package: 16

Serving size: 135.00g

	Average Quantity per Serving	Average Quantity per 100 g
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Energy 1960kj 1450kj

Protein 8.9g 6.6g

Fat, total 28.4g 21.0g

- saturated 17.4g 12.9g

Carbohydrate 44.1g 32.7g

- sugars 29.1g 21.6g

Sodium 224mg 166mg

**Best Before 5 Days Store Below 4°**Ricotta cheese, sugar, flour, egg, butter, passionfruit  
pulp

<b>PI26 Banoffee Pie Nutrition Information</b>		
Servings per package:	6	
Serving size:	155.00g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	2020kj	1300kj
Protein	7.2g	4.7g
Fat, total	29.0g	18.7g
- saturated	18.7g	12.1g
Carbohydrate	47.8g	30.8g
- sugars	27.4g	17.7g
Sodium	57mg	37mg
<b>Best Before 6 Days Store Below 4°</b>		
Butter, sugar, egg, flour, caramel and banana		

<b>PI49 Belgian Bitter Chocolate Tarts Nutrition Information</b>		
Servings per package:	9	
Serving size:	97.00g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1020kj	1060kj
Protein	6.2g	6.3g
Fat, total	24.6g	25.4g
- saturated	14.8g	15.3g
Carbohydrate	47.5g	49.0g
- sugars	27.3g	28.1g
Sodium	78mg	80mg
<b>Best Before 6 Days Store Below 4°</b>		
Bitter chocolate, cream, eggs, salt, coffee shots, butter, baking powder and cocoa powder		

<b>PI18 Citron Tart Nutrition Information</b>		
Servings per package:	9	
Serving size:	127.00g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	970kj	764kj
Protein	8.0g	6.3g
Fat, total	19.5g	15.4g
- saturated	12.0g	9.4g
Carbohydrate	64.8g	51.0g
- sugars	40.4g	31.8g
Sodium	63mg	50mg
<b>Best Before 5 Days Store Below 4°</b>		
Lemon juice, egg, sugar, butter and flour		

<b>PI07 Lemon Meringue Nutrition Information</b>		
Servings per package:	9	
Serving size:	130.00g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1280kj	985kj
Protein	9.9g	7.6gg
Fat, total	18.3g	14.1g
- saturated	11.2g	8.6g
Carbohydrate	81.3g	62.5g
- sugars	60.5g	46.5g
Sodium	90mg	69mg
<b>Best Before 5 Days Store Below 4°</b>		
Sugar, lemon juice, butter, egg, flour, baking powder		

<b>PI08 Passionfruit Tart Nutrition Information</b>		
Servings per package:	9	
Serving size:	132.00g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1130kj	857kj
Protein	8.2g	6.2g
Fat, total	21.7g	16.4g
- saturated	13.9g	10.5g
Carbohydrate	67.8g	51.4g
- sugars	43.4g	32.9g
Sodium	85mg	64mg
<b>Best Before 5 Days Store Below 4°</b>		
Milk, cream, passionfruit pulp, sugar, flour, butter and baking powder		

<b>PI47 Spiced Pear &amp; Chocolate Tart Nutrition Information</b>		
Servings per package:	6	
Serving size:	120.00g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	743kj	620kj
Protein	6.8g	5.7g
Fat, total	22.3g	18.6g
- saturated	12.2g	10.2g
Carbohydrate	44.0g	36.6g
- sugars	22.6g	18.8g
Sodium	40mg	33mg
<b>Best Before 5 Days Store Below 4°</b>		
Pears, butter, sugar, egg, flour, cocoa powder, almond meal, spiced cinnamon, ground cardomon & nutmeg		

<b>PI09 Seasonal Fruit Tart Nutrition Information</b>		
Servings per package:	6	
Serving size:	132.00g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	695kj	527kj
Protein	6.8g	5.2g
Fat, total	17.0g	12.9g
- saturated	10.6g	8.0g
Carbohydrate	53.1g	40.2g
- sugars	28.7g	21.8g
Sodium	46mg	35mg
<b>Best Before 5 Days Store Below 4°</b>		
Chocolate, strawberry, blueberry, mandarin, kiwifruit, milk, vanilla bean, sugar, egg corn flour, butter		

<b>PI43 Apple Tart Nutrition Information</b>		
Servings per package:	9	
Serving size:	175.00g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	903kj	516kj
Protein	6.1g	3.5g
Fat, total	19.4g	11.1g
- saturated	7.6g	4.3g
Carbohydrate	77.2g	44.1g
- sugars	40.7g	23.3g
Sodium	41mg	23mg
<b>Best Before 5 Days Store Below 4°</b>		
Apple slices, almond flakes, cinnamon, sultanas and sugar		

<b>PI06 Strawberry Tarts Nutrition Information</b>		
Servings per package:	9	
Serving size:	165.00g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	704kj	427kj
Protein	7.1g	4.3g
Fat, total	16.7g	10.1g
- saturated	9.9g	6.0g
Carbohydrate	53.4g	32.4g
- sugars	29.1g	17.6g
Sodium	47mg	29mg
<b>Best Before 2 Days Store Below 4°</b>		
Butter, strawberries, sugar, egg, flour, milk, custard powder		

**PI34 Sticky Date & Choc Slice (GF)\*****Nutrition Information**

Servings per package: 9

Serving size: 188.00g

	Average Quantity per Serving	Average Quantity per 100 g
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Energy 2730kj 1450kj

Protein 9.0g 4.8g

Fat, total 40.2g 21.4g

- saturated 15.8g 8.4g

Carbohydrate 61.6g 32.8g

- sugars 52.8g 28.1g

Sodium 447g 238mg

\*Please note all products may concern traces of nuts &amp; gluten

**Best Before 5 Days Store Below 4°**Dates, Water, Brown Sugar, Eggs, Oil, Soy Flour, Maize,  
Rice Flour, Golden Syrup, Chocolate, Sultanas, Cream**PI14 Caramel Slice (GF)\*****Nutrition Information**

Servings per package: 8

Serving size: 135.00g

	Average Quantity per Serving	Average Quantity per 100 g
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Energy 2400kj 1780kj

Protein 10.3g 7.6g

Fat, total 26.8g 19.9g

- saturated 18.2g 13.5g

Carbohydrate 71.7g 53.1g

- sugars 66.8g 49.5g

Sodium 113mg 84mg

\*Please note all products may concern traces of nuts &amp; gluten

**Best Before 5 Days Store Below 4°**

Milk, butter, syrup, cream, chocolate

**PI33 Chocolate Mudcake Slice****Nutrition Information**

Servings per package: 9

Serving size: 122.00g

	Average Quantity per Serving	Average Quantity per 100 g
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Energy 2280kj 1870kj

Protein 6.5g 5.4g

Fat, total 28.9g 23.7g

- saturated 20.6g 16.9g

Carbohydrate 62.9g 51.5g

- sugars 45.8g 37.6g

Sodium 249mg 204mg

**Best Before 5 Days Store Below 4°**Sugar, chocolate, butter, flour, egg, cocoa powder, salt,  
baking powder, baking soda, cream and water**PI32 Carrot Cake Slice (GF)\*****Nutrition Information**

Servings per package: 9

Serving size: 135.00g

	Average Quantity per Serving	Average Quantity per 100 g
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Energy 2840kj 2100kj

Protein 11.5g 8.5g

Fat, total 41.2g 30.6g

- saturated 12.4g 9.2g

Carbohydrate 63.1g 46.7g

- sugars 53.5g 39.7g

Sodium 222mg 165mg

\*Please note all products may concern traces of nuts &amp; gluten

**Best Before 4 Days Store Below 4°**Sugar, oil, carrot, egg, sultana, cinnamon, pineapple,  
cheese, butter, pumpkin seed, pistachios, walnut, flour**PI31 Baked Choc Cheesecake Slice****Nutrition Information**

Servings per package: 6

Serving size: 109

	Average Quantity per Serving	Average Quantity per 100 g
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Energy 1680kj 1540kj

Protein 6.2g 5.6g

Fat, total 25.4g 23.3g

- saturated 16.2g 14.9g

Carbohydrate 36.8g 33.7g

- sugars 27.1g 24.9g

Sodium 160mg 146mg

**Best Before 5 Days Store Below 4°**Butter, sugar, egg, flour, baking powder, cream,  
chocolate, cheese.**PI37 Apple Caramel Slice****Nutrition Information**

Servings per package: 9

Serving size: 125.00g

	Average Quantity per Serving	Average Quantity per 100 g
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Energy 1710kj 1370kj

Protein 5.6g 4.5g

Fat, total 20.0g 16.0g

- saturated 10.8g 8.6g

Carbohydrate 50.4g 40.4g

- sugars 36.9g 29.5g

Sodium 114mg 91mg

**Best Before 5 Days Store Below 4°**Butter, sugar, egg, flour, almond meal, syrup, milk,  
apples, macadamia nut & cinnamon

<b>PI15 Opera Gateau Nutrition Information</b>		
Servings per package:	6	
Serving size:	70.0g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1420kj	2040kj
Protein	3.1g	4.4g
Fat, total	18.7g	26.6g
- saturated	11.1g	15.8g
Carbohydrate	39.6g	56.6g
- sugars	28.7g	41.0g
Sodium	62mg	88mg
<b>Best Before 5 Days Store Below 4°</b> Hazelnut praline paste, crumbed biscuits, flour, sugar, cocoa powder, water, egg, butter, cream, chocolate, oil		

<b>PI10 Brownies Choc Macadamia Nutrition Information</b>		
Servings per package:	8	
Serving size:	112.50g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	2270kj	2020kj
Protein	5.9g	5.2g
Fat, total	36.3g	32.2g
- saturated	22.0g	19.5g
Carbohydrate	47.7g	42.4g
- sugars	39.3g	34.9g
Sodium	54mg	48mg
<b>Best Before 5 Days Store Below 4°</b> Butter, chocolate, egg, sugar, flour, cocoa powder, macadamia, milk, cream, water and oil		

<b>PI42 Vanilla Slice Nutrition Information</b>		
Servings per package:	6	
Serving size:	151.00g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1760kj	1160kj
Protein	6.8g	4.5g
Fat, total	14.8g	9.8g
- saturated	7.4g	4.9g
Carbohydrate	63.9g	42.3g
- sugars	45.0g	29.8g
Sodium	214mg	141mg
<b>Best Before 3 Days Store Below 4°</b> Milk, Sugar, Flour, Cornflour, Egg, Vanilla Bean, Chocolate, Salt, Canola Oil		

<b>PI40 Rocky Road Slice Nutrition Information</b>		
Servings per package:	8	
Serving size:	125.00g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	2660kj	2130kj
Protein	4.8g	3.9g
Fat, total	46.1g	36.9g
- saturated	21.8g	17.4g
Carbohydrate	50.9g	40.7g
- sugars	45.8g	36.6g
Sodium	40mg	32mg
<b>Best Before 4 Days Store Below 4°</b> Chocolate, breakfast cereal, macadamia nut, marshmallow, cherry, coconut, peanut, butter & cream		

<b>PI02 Baked Summer Berry Cheesecake Nutrition Information</b>		
Servings per package:	8	
Serving size:	99.00g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1270kj	1290kj
Protein	5.6g	5.6g
Fat, total	17.3g	17.5g
- saturated	10.5g	10.6g
Carbohydrate	31.0g	31.3g
- sugars	23.1g	23.4g
Sodium	141mg	142mg
<b>Best Before 5 Days Store Below 4°</b> Cheese, flour, egg, sugar, baking powder, cream, salt and raspberry		

<b>PI39 Hedgehog Slice Nutrition Information</b>		
Servings per package:	8	
Serving size:	112.00g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1240kj	1110kj
Protein	5.9g	5.3g
Fat, total	22.8g	20.4g
- saturated	15.2g	13.5g
Carbohydrate	58.6g	52.4g
- sugars	33.2g	29.7g
Sodium	138mg	123mg
<b>Best Before 5 Days Store Below 4°</b> Butter, sugar Egg, Flour, Baking Powder, Chocolate, Coca Posdwe, Salt, Cream		

<b>PI41 Museli Yogurt Slice Nutrition Information</b>		
Servings per package:	8	
Serving size:	87.00g	
	<b>Average Quantity per Serving</b>	<b>Average Quantity per 100 g</b>
Energy	1560kj	1790kj
Protein	5.3g	6.1g
Fat, total	22.1g	25.4g
- saturated	11.2g	12.9g
Carbohydrate	37.8g	43.4g
- sugars	26.2g	30.1g
Sodium	13mg	15mg
<b>Best Before 5 Days Store Below 4°</b>		
Butter, oats, sugar, cranberry, honey, pumpkin seeds, peanut, flour, apricot and yogurt		

<b>PI21 Orange &amp; Almond Slice (GF)* Nutrition Information</b>		
Servings per package:	8	
Serving size:	70.00g	
	<b>Average Quantity per Serving</b>	<b>Average Quantity per 100 g</b>
Energy	1080kj	1540kj
Protein	6.1g	8.7g
Fat, total	15.6g	22.3g
- saturated	7.3g	10.4g
Carbohydrate	22.4g	31.9g
- sugars	17.1g	24.5g
Sodium	81mg	115mg
*Please note all products may concern traces of nuts & gluten		
<b>Best Before 5 Days Store Below 4°</b>		
Sugar, flour, almond meal, egg, baking powder, butter, orange juice and liqueur		

<b>PI50 Almond Nougatine Caramel Latte Nutrition Information</b>		
Servings per package:	9	
Serving size:	120.00g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1930kj	1610kj
Protein	6.2g	5.1g
Fat, total	35.7g	29.8g
- saturated	21.6g	18.0g
Carbohydrate	29.3g	24.4g
- sugars	27.8g	23.1g
Sodium	59mg	49mg
<b>Best Before 5 Days Store Below 4°</b> Sugar, glucose, almond, cream, egg, milk, gelatine, chocolate, butter, salt and caramel glaze		

<b>PI13 Tiramisu Nutrition Information</b>		
Servings per package:	6	
Serving size:	95.00g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1410kj	1490kj
Protein	3.1g	3.2g
Fat, total	28.9g	30.4g
- saturated	18.5g	19.5g
Carbohydrate	17.2g	18.1g
- sugars	14.6g	15.4g
Sodium	73mg	76mg
<b>Best Before 6 Days Store Below 4°</b> Coffee powder, water, cheese, egg, sugar, cream		

<b>PI45 Sour Cherry Lamingtons Nutrition Information</b>		
Servings per package:	16	
Serving size:	45.00g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	599kj	1330kj
Protein	1.7g	3.8g
Fat, total	3.9g	8.6g
- saturated	2.9g	6.4g
Carbohydrate	24.6g	54.6g
- sugars	19.4g	43.2g
Sodium	74mg	165mg
<b>Best Before 5 Days Store Below 4°</b> Sponge cake, water, ewgg, black cherry, sugar, jam, coconut and cocoa powder		

<b>PI19 Canolli Choc/Vanilla Nutrition Information</b>		
Servings per package:	6	
Serving size:	70.00g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	753kj	1080kj
Protein	3.5g	5.0g
Fat, total	7.5g	10.7g
- saturated	4.2g	6.1g
Carbohydrate	23.8g	34.0g
- sugars	12.8g	18.3g
Sodium	26mg	36mg
<b>Best Before 5 Days Store Below 4°</b> Flour, sugar, butter, egg, milk, custard powder, water, glucose powder, oil and chocolate		

<b>PI17 Raspberry Charlotte Nutrition Information</b>		
Servings per package:	6	
Serving size:	124.00g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1360kj	1090kj
Protein	6.4g	5.2g
Fat, total	23.1g	18.7g
- saturated	13.6g	10.9g
Carbohydrate	21.9g	17.7g
- sugars	21.0g	16.9g
Sodium	103mg	83mg
<b>Best Before 5 Days Store Below 4°</b> Chocolate, oil, raspberry puree, sugar, cold water, gelatine leaves, cheese, lemon juice, egg & cream		

<b>PI27 Choc Mudcake Nutrition Information</b>		
Servings per package:	6	
Serving size:	150.00g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	2470kj	1640kj
Protein	6.0g	4.0g
Fat, total	34.3g	22.9g
- saturated	21.9g	14.6g
Carbohydrate	62.8g	41.9g
- sugars	45.2g	30.1g
Sodium	194mg	129mg
<b>Best Before 5 Days Store Below 4°</b> Water, butter, egg, flour, sugar, milk, cream, chocolate and oil		

<b>PI52 Colourful Mixed Cupcakes Nutrition Information</b>		
Servings per package:	9	
Serving size:	100.00g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1840kj	1840kj
Protein	4.3g	4.3g
Fat, total	14.4g	14.4g
- saturated	9.6g	9.6g
Carbohydrate	71.8g	71.8g
- sugars	42.3g	42.3g
Sodium	470mg	470mg
<b>Best Before 5 Days Store Below 4°</b> Butter cream, mixed berries, apple juice, cream, sugar, condensed milk, butter, vanilla essence, egg		

<b>PI51 Black Forest Gateau Nutrition Information</b>		
Servings per package:	6	
Serving size:	105.00g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1550kj	1470kj
Protein	3.6g	3.4g
Fat, total	23.4g	22.2g
- saturated	15.9g	15.1g
Carbohydrate	36.1g	34.4g
- sugars	28.4g	27.1g
Sodium	119mg	113mg
<b>Best Before 4 Days Store Below 4°</b> Cherries, cream, water, sugar, chocolate, egg, butter, cocoa powder, plain flour		

<b>PI03 Passionfruit Mango Cheesecake (GF)* Nutrition Information</b>		
Servings per package:	6	
Serving size:	150.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	2030kj	1360kj
Protein	10.3g	6.8g
Fat, total	28.8g	19.2g
- saturated	18.2g	12.1g
Carbohydrate	43.0g	28.6g
- sugars	37.4g	24.9g
Sodium	190mg	127mg
*Please note all products may concern traces of nuts & gluten		
<b>Best Before 5 Days Store Below 4°</b> Mango puree, passionfruit seeds, butter, coconut, sugar, flour, egg, cream, lemon juice, lime oil essence, chocolate		

<b>PI01 Choc Coconut Chai (GF/DF/NF)* Nutrition Information</b>		
Servings per package:	16	
Serving size:	150.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	2450 kJ	1630 kJ
Protein	7.0 g	4.7 g
Fat, total	30.9 g	20.6 g
- saturated	21.3 g	14.2 g
Carbohydrate	67.8 g	45.2 g
- sugars	49.6 g	33.1 g
Sodium	339 mg	226 mg
*Please note all products may concern traces of nuts & gluten		
<b>Best Before 5 Days Store Below 4°</b> Pumpkin seed, flour, sugar, cocoa powder, oil, vinegar, vanilla essence, chia seeds & coconut water		

<b>Pi12 Middle Eastern Orange (GF)* Nutrition Information</b>		
Servings per package:	6	
Serving size:	150.00g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	2300kj	1530kj
Protein	12.8g	8.5g
Fat, total	26.7g	17.8g
- saturated	9.0g	6.0g
Carbohydrate	61.2g	40.8g
- sugars	54.9g	36.6g
Sodium	268mg	178mg
*Please note all products may concern traces of nuts & gluten		
<b>Best Before 5 Days Store Below 4°</b> Orange, sugar, almond meal, cheese, butter, flour, baking powder, mixed spices, egg, cranberry & fig		

<b>PI20 Salted Caramel &amp; Pecan Friands (GF)* Nutrition Information</b>		
Servings per package:	8	
Serving size:	86.00g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1300kj	1510kj
Protein	6.9g	8.1g
Fat, total	12.2g	14.1g
- saturated	2.2g	2.6g
Carbohydrate	42.6g	49.5g
- sugars	33.3g	38.7g
Sodium	58mg	68mg
*Please note all products may concern traces of nuts & gluten		
<b>Best Before 5 Days Store Below 4°</b> Almond meal, rice flour, sugar, egg, butter, precan, salted caramel and lemon juice		

<b>PI44 Orange Poppy Seed Friands (GF)*</b>		
<b>Nutrition Information</b>		
Servings per package:	8	
Serving size:	95.00g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1270kj	1650kj
Protein	7.8g	8.2g
Fat, total	13.8g	14.5g
- saturated	4.1g	4.4g
Carbohydrate	53.5g	56.4g
- sugars	42.8g	45.1g
Sodium	62mg	66mg
*Please note all products may concern traces of nuts & gluten		
<b>Best Before 5 Days Store Below 4°</b>		
Almond meal, plain flour, sugar, egg, butter, orange juice, poppy seeds, cheese and orange essence		

<b>PI28 Sticky Date Chocolate (GF)*</b>		
<b>Nutrition Information</b>		
Servings per package:	6	
Serving size:	120.00g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1810kj	1510kj
Protein	6.4g	5.4g
Fat, total	20.6g	17.2g
- saturated	4.6g	3.8g
Carbohydrate	54.3g	45.3g
- sugars	46.1g	38.4g
Sodium	318mg	265mg
*Please note all products may concern traces of nuts & gluten		
<b>Best Before 5 Days Store Below 4°</b>		
Dates, chocolate, caramel, flour, baking powder, baking soda, sugar, egg, oil, sultanas		

<b>PI04 Carrot Cake (GF)*</b>		
<b>Nutrition Information</b>		
Servings per package:	6	
Serving size:	160.00g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	2540kj	1580kj
Protein	8.2g	5.1g
Fat, total	37.1g	23.2g
- saturated	10.0g	6.3g
Carbohydrate	58.8g	36.8g
- sugars	49.5g	31.0g
Sodium	189 mg	62mg
	99mg	
<b>Best Before 5 Days Store Below 4°</b>		
Sugar, oil, carrot, flour, egg, sultanas, cinnamon, baking powder, pineapple, cheese & butter		

<b>PI11 Fig &amp; Pistacio Friand (GF)*</b>		
<b>Nutrition Information</b>		
Servings per package:	8	
Serving size:	85.00g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1250kj	1470kj
Protein	6.8g	8.0g
Fat, total	8.9g	10.4g
- saturated	1.7g	2.0g
Carbohydrate	46.3g	54.5g
- sugars	37.5g	44.1g
Sodium	55mg	65mg
*Please note all products may concern traces of nuts & gluten		
<b>Best Before 5 Days Store Below 4°</b>		
Rice flour, sugar, egg, butter, dried figs, pistachio nuts, almond meal, lemon juice		

<b>PL05 Apple Crumble Pie Nutrition Information</b>		
Servings per package:	18	
Serving size:	175.00g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1020kj	585kj
Protein	4.3g	2.4g
Fat, total	13.4g	7.6g
- saturated	7.7g	4.4g
Carbohydrate	68.7g	39.3g
- sugars	44.2g	25.2g
Sodium	36mg	21mg
<b>Best Before 5 Days Store Below 4°</b>		
Corn flour, sultana, sugar, apple, butter, oats and almond meal		

<b>PL21 Apple Pie Traditional Nutrition Information</b>		
Servings per package:	16	
Serving size:	172.00g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	731kj	425kj
Protein	5.3g	3.1g
Fat, total	15.2g	8.8g
- saturated	9.2g	5.4g
Carbohydrate	87.3g	50.8g
- sugars	54.4g	31.6g
Sodium	80mg	46mg
<b>Best Before 4 Days Store Below 4°</b>		
Flour, sultana, sugar, apples, butter and egg		

<b>PL22 Apple Caramel Flan Nutrition Information</b>		
Servings per package:	18	
Serving size:	114.00g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1290kj	1130kj
Protein	4.5g	3.9g
Fat, total	12.5g	11.0g
- saturated	6.0g	5.3g
Carbohydrate	42.8g	37.5g
- sugars	29.7g	26.1g
Sodium	63mg	55mg
<b>Best Before 5 Days Store Below 4°</b>		
Butter, sugar, flour, almond meal, milk, golden syrup, apples, macadamia nut, cinnamon and condensed milk		

<b>PL10 Banoffee Pie Nutrition Information</b>		
Servings per package:	18	
Serving size:	154.00g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1810kj	1170kj
Protein	7.3g	4.8g
Fat, total	33.0g	21.5g
- saturated	21.2g	13.8g
Carbohydrate	53.9g	35.0g
- sugars	36.8g	23.9g
Sodium	93mg	60mg
<b>Best Before 5 Days Store Below 4°</b>		
Caramel, cream, banana, chocolate, sugar, egg, flour, oil, spiced cinnamon, baking powder		

<b>PL07 Citron Tart Nutrition Information</b>		
Servings per package:	18	
Serving size:	115.00g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1630kj	1420kj
Protein	6.3g	5.5g
Fat, total	16.3g	14.2g
- saturated	9.8g	8.5g
Carbohydrate	53.2g	46.3g
- sugars	44.4g	38.6g
Sodium	54mg	47mg
<b>Best Before 5 Days Store Below 4°</b>		
Butter, sugar, egg, flour, baking powder, lemon juice, gelatine powder		

<b>PL11 Lemon Meringue Nutrition Information</b>		
Servings per package:	18	
Serving size:	102.00g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	972kj	953kj
Protein	6.2g	6.1g
Fat, total	11.8g	11.5g
- saturated	7.2g	7.0g
Carbohydrate	57.6g	56.4g
- sugars	45.5g	44.6g
Sodium	54mg	53mg
<b>Best Before 5 Days Store Below 4°</b>		
Lemon juice, egg, sugar, butter, flour		

<b>PIM07 Middle Eastern Orange (GF)* Nutrition Information</b>		
Servings per package:	6	
Serving size:	72g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	813kj	1130kj
Protein	14.6g	3.8g
Fat, total	96.4g	25.1g
- saturated	61.8g	16.1g
Carbohydrate	148.0g	38.6g
- sugars	113.0g	29.4g
Sodium	417mg	108mg
*Please note all products may concern traces of nuts & gluten		
<b>Best Before 5 Days Store Below 4°</b>		
Orange, sugar, butter, baking powder, egg, cranberry, dried figs, cinnamon, gluten free flour, almond meal		

<b>PIM08 Sticky Date Choc (GF)* Nutrition Information</b>		
Servings per package:	16	
Serving size:	60.00g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1110kj	1860kj
Protein	3.6g	6.1g
Fat, total	10.9g	18.3g
- saturated	2.9g	4.8g
Carbohydrate	36.5g	60.9g
- sugars	32.0g	53.4g
Sodium	160mg	268mg
*Please note all products may concern traces of nuts & gluten		
<b>Best Before 5 Days Store Below 4°</b>		
Dates, chocolate, caramel, flour, baking powder, baking soda, sugar, egg, oil, sultanas		

<b>PIM05 Carrot Cake (GF)* Nutrition Information</b>		
Servings per package:	16	
Serving size:	56.00g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1350kj	2400kj
Protein	7.1g	12.7g
Fat, total	18.0g	32.1g
- saturated	4.3g	7.7g
Carbohydrate	31.2g	55.8g
- sugars	30.1g	53.8g
Sodium	130mg	232mg
*Please note all products may concern traces of nuts & gluten		
<b>Best Before 5 Days Store Below 4°</b>		
Carrot, cinnamon, sultanas, cream cheese, apricot, pineapple, sugar, egg, bicarb soda, oil & butter		

<b>PIM09 Choc Coconut Chia (DF/NF/EGF/GF)* Nutrition Information</b>		
Servings per package:	16	
Serving size:	50.00g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	834kj	1670kj
Protein	4.9g	9.8g
Fat, total	8.9g	17.9g
- saturated	2.4g	4.9g
Carbohydrate	24.8g	49.5g
- sugars	17.7g	35.4g
Sodium	118mg	236mg
*Please note all products may concern traces of nuts & gluten		
<b>Best Before 5 Days Store Below 4°</b>		
Pumpkin seed, flour, sugar, cocoa powder, salt, oil, vinegar, vanilla essence, chia seeds & coconut water		

**MIN39 Hedgehog  
Nutrition Information**

Servings per package: 25  
Serving size: 49.00g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	520kj	1060kj
Protein	2.6g	5.4g
Fat, total	10.0g	20.5g
- saturated	6.8g	13.8g
Carbohydrate	25.4g	51.8g
- sugars	14.5g	29.6g
Sodium	58mg	118mg

**Best Before 5 Days Store Below 4°**

Ricotta cheese, sugar, flour, egg, butter, chocolate,  
biscuits

**MIN33 Choc Mudcake  
Nutrition Information**

Servings per package: 25  
Serving size: 32.00g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	527kj	1640kj
Protein	1.5g	4.8g
Fat, total	6.7g	20.9g
- saturated	4.5g	14.1g
Carbohydrate	14.5g	45.3g
- sugars	10.4g	32.6g
Sodium	76mg	236mg

**Best Before 5 Days Store Below 4°**

Ricotta cheese, sugar, flour, egg, butter, chocolate

**MIN11 Orange & Almond (GF)\*  
Nutrition Information**

Servings per package: 25  
Serving size: 40.00g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	674kj	1680kj
Protein	3.8g	9.6g
Fat, total	9.8g	24.4g
- saturated	4.6g	11.4g
Carbohydrate	14.0g	35.0g
- sugars	10.7g	26.8g
Sodium	50mg	126mg

**Best Before 5 Days Store Below 4°**

Sugar, flour, almond meal, egg, baking powder, butter,  
orange juice and liqueur

**MIN40 Rocky Road  
Nutrition Information**

Servings per package: 25  
Serving size: 46.00g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	958kj	2080kj
Protein	1.9g	4.2g
Fat, total	15.8g	34.3g
- saturated	7.9g	17.1g
Carbohydrate	19.9g	43.2g
- sugars	17.9g	39.0g
Sodium	14mg	31mg

**Best Before 4 Days Store Below 4°**

Chocolate, marshmallow, oil, cherry, peanut, coconut, rice  
bubbles, gummi bears, jelly tots, cream and butter

**MIN42 Baked Berry Cheesecake  
Nutrition Information**

Servings per package: 25  
Serving size: 45.00g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	750kj	1670kj
Protein	3.2g	7.1g
Fat, total	10.1g	22.4g
- saturated	6.2g	13.7g
Carbohydrate	18.7g	41.5g
- sugars	12.9g	28.8g
Sodium	80mg	177mg

**Best Before 5 Days Store Below 4°**

Mixed berries, sugar, cold water, lemon juice, butter,  
ricotta cheese, cornflour maze and cream

**MIN14 Caramel (GF)\*  
Nutrition Information**

Servings per package: 25  
Serving size: 75.00g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	1500kj	2000kj
Protein	3.4g	4.6g
Fat, total	20.8g	27.7g
- saturated	14.1g	18.8g
Carbohydrate	39.1g	52.1g
- sugars	35.8g	47.8g
Sodium	60mg	79mg

**Best Before 5 Days Store Below 4°**

Milk, butter, syrup, cream, chocolate

**MIN37 Apple Caramel Crumble****Nutrition Information**

Servings per package: 25

Serving size: 50.00g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	761kj	1520kj
Protein	2.5g	5.0g
Fat, total	9.0g	18.1g
- saturated	4.9g	9.7g
Carbohydrate	22.1g	44.3g
- sugars	15.8g	31.5g
Sodium	46mg	91mg

**Best Before 5 Days Store Below 4°**

Butter, sugar, egg, flour, baking powder, almond meal,  
syrup, milk, apples, macadamia nut and cinnamon

<b>PM01 Citron Tart Nutrition Information</b>		
Servings per package:	1	
Serving size:	56.00g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	711kj	1270kj
Protein	3.2g	5.7g
Fat, total	7.8g	14.0g
- saturated	4.7g	8.3g
Carbohydrate	21.2g	37.9g
- sugars	15.4g	27.9g
Sodium	58mg	103mg
<b>Best Before 5 Days Store Below 4°</b> Lemon curd, blueberry, chocolate, lemon juice, sugar, butter, citric acid powder, citric powder and lime oil		

<b>PM02 Chocolate Tart Nutrition Information</b>		
Servings per package:	16	
Serving size:	47.50g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	848kj	1780kj
Protein	2.0g	4.2g
Fat, total	13.5g	28.4g
- saturated	8.4g	17.7g
Carbohydrate	18.5g	38.9g
- sugars	12.2g	25.8g
Sodium	49mg	104mg
<b>Best Before 4 Days Store Below 4°</b> Cream, white sugar, butter, salt and chocolate		

<b>PM07 Passionfruit Tart Nutrition Information</b>		
Servings per package:	1	
Serving size:	52.00g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	797kj	1530kj
Protein	3.4g	6.5g
Fat, total	9.2g	17.7g
- saturated	5.8g	11.1g
Carbohydrate	22.6g	43.4g
- sugars	14.9g	28.7g
Sodium	76mg	147mg
<b>Best Before 5 Days Store Below 4°</b> Condensed sweet milk, citric acid powder, passionfruit seedless pulp, cream and sugar		

<b>PM04 Caramel Macadamia Tart Nutrition Information</b>		
Servings per package:	1	
Serving size:	50.0g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	982kj	1960kj
Protein	2.6g	5.1g
Fat, total	13.3g	26.6g
- saturated	7.7g	15.4g
Carbohydrate	26.2g	52.4g
- sugars	18.2g	36.4g
Sodium	82mg	164mg
<b>Best Before 5 Days Store Below 4°</b> Water, butter, egg, flour, sugar, milk, cream, chocolate and oil.		

<b>PM05 Lemon Meringue Nutrition Information</b>		
Servings per package:	1	
Serving size:	44.00g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	795kj	1810kj
Protein	3.5g	8.0g
Fat, total	7.3g	16.6g
- saturated	4.4g	9.9g
Carbohydrate	27.0g	61.2g
- sugars	21.1g	47.9g
Sodium	63mg	142mg
<b>Best Before 5 Days Store Below 4°</b> Lemon curd, lemon juice, egg, butter, sugar, citric powder and lime oil essence		

<b>PM1 Banana Bread (GF)* Nutrition Information</b>		
Servings per package:	12	
Serving size:	100.00g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1840kj	1840kj
Protein	9.6g	9.6g
Fat, total	30.9g	30.9g
- saturated	11.2g	11.2g
Carbohydrate	30.1g	30.1g
- sugars	22.8g	22.8g
Sodium	119mg	119mg
<b>Best Before 5 Days Store Below 4°</b>		
Banana, butter, egg, almond meal, flour, walnut, baking powder and sugar		

<b>PM2 Normal Banana Bread Nutrition Information</b>		
Servings per package:	15	
Serving size:	100.00g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1420kj	1420kj
Protein	5.1g	5.1g
Fat, total	13.2g	13.2g
- saturated	2.2g	2.2g
Carbohydrate	48.7g	48.7g
- sugars	23.9g	23.9g
Sodium	371mg	371mg
<b>Best Before 4 Days Store Below 4°</b>		
Bananas, sugar, egg, oil, flour, baking soda, sodium carbonate, nutmeg, cinnamon and salt		

**PM09 Apple Danish  
Nutrition Information**

Servings per package:	1	
Serving size:	135.00g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1630kj	1210kj
Protein	8.4g	6.2g
Fat, total	17.1g	12.6g
- saturated	10.2g	7.5g
Carbohydrate	52.6g	39.0g
- sugars	16.9g	12.6g
Sodium	286mg	212mg

**Best Before 2 Days Store Below 4°**

Eggs, flour yeast, butter, fruit

**PM10 Apricot Danish  
Nutrition Information**

Servings per package:	16	
Serving size:	145.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1610kj	1190kj
Protein	8.4g	6.2g
Fat, total	16.7g	12.4g
- saturated	10.0g	7.4g
Carbohydrate	52.2g	38.6g
- sugars	16.8g	12.5g
Sodium	285mg	211mg

**Best Before 2 Days Store Below 4°**

Eggs, flour yeast, butter, fruit

**PM11 Mixed Berry Danish  
Nutrition Information**

Servings per package:	1	
Serving size:	135.00g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1690kj	1250kj
Protein	8.9g	6.6g
Fat, total	16.8g	12.4g
- saturated	10.0g	7.4g
Carbohydrate	56.0g	41.5g
- sugars	20.7g	15.3g
Sodium	287mg	212mg

**Best Before 2 Days Store Below 4°**

Eggs, flour yeast, butter, fruit

<b>PM16 Banana Caramel Muffin Nutrition Information</b>		
Servings per package:	1	
Serving size:	160.00g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	2420kj	1520kj
Protein	7.6g	4.7g
Fat, total	33.0g	20.6g
- saturated	5.9g	3.7g
Carbohydrate	62.1g	38.8g
- sugars	27.8g	17.4g
Sodium	351mg	220mg
<b>Best Before 5 Days Store Below 4°</b>		
Flour, milk, sugar, banana and egg		

<b>PM15 Blueberry White Choc Muffin Nutrition Information</b>		
Servings per package:	1	
Serving size:	170.00g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	2750kj	1620kj
Protein	8.6g	5.0g
Fat, total	38.4g	22.6g
- saturated	8.0g	4.7g
Carbohydrate	68.8g	40.5g
- sugars	32.7g	19.2g
Sodium	390mg	229mg
<b>Best Before 4 Days Store Below 4°</b>		
Flour, milk, oil, sugar, blueberry, chocolate, vanilla and egg		

<b>PM14 Double Choc Chip Muffin Nutrition Information</b>		
Servings per package:	1	
Serving size:	170.00g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	3040kj	1790kj
Protein	9.6g	5.6g
Fat, total	42.5g	25.0g
- saturated	10.5g	6.2g
Carbohydrate	75.4g	44.4g
- sugars	38.4g	22.6g
Sodium	403mg	237mg
<b>Best Before 5 Days Store Below 4°</b>		
Flour, milk, sugar, oil, chocolate, cocoa powder, egg, vanilla		

<b>PM12 Raspberry Dark Choc Muffin Nutrition Information</b>		
Servings per package:	1	
Serving size:	170.00g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	2810kj	1660kj
Protein	8.9g	5.2g
Fat, total	38.8g	22.8g
- saturated	8.2g	4.8g
Carbohydrate	70.5g	41.5g
- sugars	33.1g	19.5g
Sodium	394mg	232mg
<b>Best Before 5 Days Store Below 4°</b>		
Flour, milk, oil, sugar, egg, raspberry, chocolate, cocoa powder, vanilla		

<b>PM06 Country Vegetable Muffins Nutrition Information</b>		
Servings per package:	1	
Serving size:	170.00g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	2230kj	1310kj
Protein	7.4g	4.4g
Fat, total	33.0g	19.4g
- saturated	7.8g	4.6g
Carbohydrate	51.0g	30.0g
- sugars	10.2g	6.0g
Sodium	4630mg	2720mg
<b>Best Before 5 Days Store Below 4°</b>		
Water, butter, egg, flour, sugar, milk, cream, chocolate and oil.		

<b>PM13 Apple Crumble Muffin Nutrition Information</b>		
Servings per package:	1	
Serving size:	170.00g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	2790kj	1640kj
Protein	7.3g	4.3g22.6g
Fat, total	38.4g	4.7g
- saturated	8.0g	42.4g
Carbohydrate	72.0g	19.6g
- sugars	33.3g	218mg
Sodium	371mg	226 mg
<b>Best Before 5 Days Store Below 4°</b>		
Flour, milk, oil, sugar, apple, vanilla, butter, oats, almond meal and cinnamon		

