

SNACK

NUTRITION GUIDE



HAZELNUT PROTEIN BALL

INGREDIENTS

Biscuit Crumb [Wheat Flour, Sugar, Vegetable Oil, Golden Syrup, Salt, Natural Vanilla Flavour], Unsalted Butter [Cream (From Milk)], Hazelnut, Whey Protein Concentrate (From Milk), Sweetened Condensed Milk [Milk, Sugar], Coconut Oil, Almond Meal, Cocoa Powder, Honey, Desiccated Coconut [Coconut, Preservative(223)], Sesame Seed, Rolled Oats, Sunflower Kernels, Hazelnut Flavour, Natural Vanilla Flavour.

ALLERGENS

CONTAINS WHEAT, MILK, HAZELNUT (TREE NUTS), SESAME SEEDS, SULPHITES, ALMONDS (TREE NUTS) & OATS (GLUTEN), SOY.

MAY CONTAIN OTHER GLUTEN CEREALS, PEANUTS, OTHER TREE NUTS, EGG & LUPINS.

Made in Australia. Whey protein is not suitable for children under 15 years of age or pregnant women.



NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 35 g		
	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	839 kJ (200 Cal)	2397 kJ (572 Cal)
Protein	6.1 g	17.4 g
Fat, total	15.2 g	43.4 g
- saturated	8.3 g	23.8 g
Carbohydrate	9.9 g	28.3 g
- sugars	5.6 g	16.0 g
Dietary fibre, total	1.5 g	4.3 g
Sodium	33 mg	94 mg

- Source of Protein
- No Artificial Colours or Flavours
- Suitable for Vegetarians

WHITE CHOCOLATE PROTEIN BALL

INGREDIENTS

Unsalted Butter [Cream (From Milk)], Biscuit Crumb [Wheat Flour, Sugar, Vegetable Oil, Golden Syrup, Salt, Natural Vanilla Flavour], Whey Protein Concentrate (13%) [Whey Powder (From Milk), Vegetable Oil, Emulsifier (322 From Soy)], Sweetened Condensed Milk (Milk, Sugar), Vegetable Oil, Almond Meal, Honey, White Compound Chocolate (4%) [Sugar, Vegetable Fat, Milk Solids, Emulsifiers (492, 322 From Soy)], Desiccated Coconut [Coconut, Preservative (223)], Yoghurt Powder (Milk Solids, Cultures), Full Cream Milk Powder, Sesame Seeds, Rolled Oats, Sunflower Kernels, Natural Vanilla Flavour.

ALLERGENS

ALLERGENS: CONTAINS MILK, WHEAT, SOY, ALMONDS (TREE NUTS), SULPHITES, SESAME SEEDS & OATS (GLUTEN).

MAY CONTAIN OTHER GLUTEN CEREALS, PEANUTS, OTHER TREE NUTS, EGG & LUPINS.

Made in Australia. Whey protein is not suitable for children under 15 years of age or pregnant women.



NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 35 g		
	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	799 kJ (191 Cal)	2280 kJ (545 Cal)
Protein	5.5 g	15.6 g
Fat, total	14.3 g	40.9 g
- saturated	9.5 g	27.0 g
Carbohydrate	10.0 g	28.5 g
- sugars	6.6 g	18.7 g
Dietary fibre, total	0.8 g	2.4 g
Sodium	36 mg	102 mg

- Source of Protein
- No Artificial Colours or Flavours
- Suitable for Vegetarians

CHOCOLATE PROTEIN BALL

INGREDIENTS

Biscuit Crumb [Wheat Flour, Sugar, Vegetable Oil, Raising Agent (500), Salt], Unsalted Butter [Cream (From Milk), Whey Cream (From Milk), Water], Whey Protein Concentrate (12%) [Whey Protein Concentrate (From Milk), Emulsifier (322 From Soy)], Sweetened Condensed Milk [Milk, Sugar], Desiccated Coconut [Coconut, Preservative (223)], Almond Meal, Alkalised Cocoa Powder (6%), Vegetable Oil, Honey, Sesame Seeds, Sunflower Kernels, Rolled Oats.

ALLERGENS

ALLERGENS: CONTAINS WHEAT, MILK, SESAME SEEDS, ALMONDS (TREE NUTS), SULPHITES, & OATS (GLUTEN), SOY.

MAY CONTAIN OTHER GLUTEN CEREALS, PEANUTS, OTHER TREE NUTS, EGG & LUPINS.

Made in Australia. Whey protein is not suitable for children under 15 years of age or pregnant women.



NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 35 g		
	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	784 kJ (187 Cal)	2240 kJ (536 Cal)
Protein	5.7 g	16.2 g
Fat, total	13.6 g	38.8 g
- saturated	8.5 g	24.4 g
Carbohydrate	10.2 g	29.1 g
- sugars	5.8 g	16.6 g
Dietary fibre, total	1.5 g	4.4 g
Sodium	26 mg	75 mg

- Source of Protein
- No Artificial Colours or Flavours
- Suitable for Vegetarians

PEANUT BUTTER PROTEIN BALL

INGREDIENTS

Unsalted Peanut butter (PEANUTS) Dark Compound (Sugar, hydrogenated vegetable fat, cocoa powder alkalised, whey, emulsifier: SOYA lecithin, stabiliser: sorbitan tristearate) Cranberries (Cranberries, cane sugar, sunflower oil) Margarine (Vegetable fats and oils, water, salt, emulsifiers (471, SOY bean lecithin), acidity regulators (331,330), antioxidant (307b), flavours and colour(160a), Coconut Oil (Coconut Oil) Almond Meal, Rolled oats (Wholegrain oats (GLUTEN) Coconut (Coconut, sodium metabisulphite(E223) Condensed Milk (Cow's MILK, sugar) Peanuts Honey Salt (Salt, potassium iodate) Protein Powder (MILK, sunflower).

ALLERGENS

ALLERGENS: CONTAINS PEANUT, SOY, SULPHITES, TREE NUTS, WHEAT, GLUTEN, MILK. MAY CONTAIN: EGGS, LUPIN, SESAME.

Made in Australia. Whey protein is not suitable for children under 15 years of age or pregnant women.



NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 35 g		
	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	787 kJ (196 Cal)	2250 kJ (561 Cal)
Protein	6.1 g	17.6 g
Fat, total	14.32 g	40.91 g
- saturated	6.44 g	18.83 g
Carbohydrate	10.67 g	30.48 g
- sugars	6.5 g	18.83 g
Dietary fibre, total	0.93 g	2.65 g
Sodium	64.2 mg	183.55 mg

- Source of Protein
- No Artificial Colours or Flavours
- Suitable for Vegetarians

BANANA BREAD

INGREDIENTS

Banana, Wheat Flour, Sugar, Canola Oil, Eggs, Greek Style Yoghurt (Milk, Milk Solids, Culture), Sodium Bicarbonate (500), Vanilla, Salt, Cinnamon.

ALLERGENS

CONTAINS: WHEAT, EGGS, GLUTEN, MILK.

MAY CONTAIN: LUPIN, PEANUT, SESAME, SOY, SULPHITES, TREE NUTS

- Made with 100% Australian bananas
- Suitable for vegetarians
- No Preservatives
- No Artificial Colours



NUTRITION INFORMATION

Servings per package: 1
Serving size: 120 g

	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	1872 kJ (449 Cal)	1560.37 kJ (374 Cal)
Protein	6.65 g	5.54 g
Fat, total	15.51 g	12.92 g
- saturated	2.15 g	1.79 g
Carbohydrate	70.60 g	58.83 g
- sugars	39.98 g	33.32 g
Dietary fibre, total	2.67 g	2.23 g
Sodium	281.37 mg	234.47 mg

COBS NATURAL POPCORN SEA SALT

INGREDIENTS

Popcorn, sunflower oil, sea salt.

ALLERGENS

MAY CONTAIN MILK



NUTRITION INFORMATION

Servings per package: 1
Serving size: 25 g

	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	496 kJ (119 Cal)	1987 kJ (475 Cal)
Protein	1.8 g	7.2 g
Fat, total	6.2 g	24.6 g
- saturated	0.6 g	2.3 g
Carbohydrate	12.4 g	49.9 g
- sugars	0.2 g	0.9 g
Sodium	90 mg	360 mg

COBS NATURAL POPCORN LIGHTLY SALTED, SLIGHTLY SWEET

INGREDIENTS

Popcorn, sunflower oil, raw sugar, sea salt.

ALLERGENS

MAY CONTAIN MILK



NUTRITION INFORMATION

Servings per package: 1
Serving size: 25 g

	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	507 kJ (121 Cal)	2030 kJ (71 Cal)
Protein	1.3 g	5.2 g
Fat, total	5.6 g	24.6 g
- saturated	0.5 g	2.1 g
Carbohydrate	15.4 g	61.6 g
- sugars	4.1 g	16.2 g
Sodium	68 mg	272 mg