



# Low Protein Easter Eggs 2017



Product ingredients can change. Always remember to read the food label as this contains the most up to date nutritional information.



## Choices Dairy Free White Chocolate Egg and White Chocolate Rondellos (65g)

Full egg and buttons (65g) contains 0.26g protein = **free**

Available in Holland and Barrett



## Choices Dairy Free Chocolate Egg and Chocolate Rondellos (65g)

Full egg and buttons (65g) contains 1.6g protein = **1 ½ exchanges**

Available in Holland and Barrett



## Choices Dairy Free Chocolate Easter Egg (125g)

Full Egg and buttons (125g) contains 7.6g protein = **7 ½ exchanges**

Available in Holland and Barrett



### **Choices Dairy Free White Chocolate Easter Bunny Bar (40g)**

Full bar (40g) contains 0.2g protein = **free**

Available in Holland and Barrett



### **Choices Dairy Free Chocolate Easter Bunny Bar (40g)**

Full bar (40g) contains 0.8g protein = **1 exchange**

Available in Holland and Barrett



### **Plamil Dairy Free Easter Egg (85g)**

Full Egg (85g) contains 2.4g protein = **2 ½ exchanges**

Available in Holland and Barrett

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**Plamil Organic Fairtrade Bow-Tie Easter Bunny (65g)**

Full box of mini eggs (65g) contains 1.8g protein = **2 exchanges**

Available in Holland and Barrett



**Holland & Barrett Good Life Dairy Free Easter Egg (85g)**

Full Egg (85g) contains 2.4g protein = **2 ½ exchanges**

Available in Holland and Barrett



**Moo Free Bunnycomb Easter Egg (100g)**

Full egg (100g) contains 2.7g protein = **2 ½ exchanges**

Available in Holland and Barrett and Supervalu

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### **Moo Free Original Easter Egg (100g)**

Full Egg (100g) contains 3g protein = **3 exchanges**

Available in Holland and Barrett and Supervalu



### **Moo Free Orange Easter Egg (100g)**

Full egg (100g) contains 2.7g protein = **2 ½ exchanges**

Available in Holland and Barrett and Supervalu



### **Tesco Free From White Chocolate Buttons (25g)**

Full bag (25g) contains 0.1g protein = **free**

Available in Tesco

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**Kinnerton Peppa Pig Kids Milk Chocolate Easter Egg (45g)**

Full egg (45g) contains 2.4g protein = **2 ½ exchanges**

Available in Tesco

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