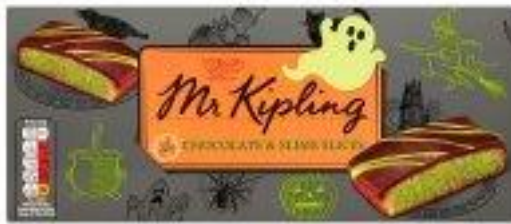


## Low Protein Halloween Treats 2017

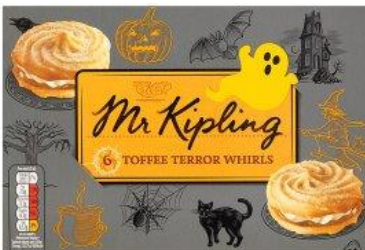
**Mr Kipling Fiendish Fancies 8 Pack = 1 exchange per cake (0.8g protein)**



**Mr Kipling Chocolate and Slime Slices = 1 exchange per slice (0.8g protein)**



**Mr Kipling Toffee Terror Whirls = 1 exchange per whirl biscuit (1.1g protein per whirl biscuit)**



**McVities Terror Toffee Apple Flapjacks = 1 ½ exchanges per flapjack (1.6g protein)**



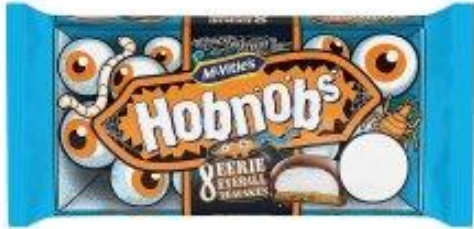
**McVitie's Jaffa Freaky Orange Cake Bars = 1 exchange per cake bar (0.8g protein)**



**McVitie's Jaffa Cakes Lemon & Slime Cake Bars= 1 exchange per cake bar (0.8g protein)**



**McVitie's Hobnob Eerie Eyeball Teacakes = 1 exchange per teacake (0.9g protein)**



**Cadbury Halloween Mini Rolls 15 Pack = 1 ½ exchanges per mini roll (1.3g protein)**



**Cadbury Pumpkin Patch Cakes = 1 ½ exchanges per cake (1.7g protein)**



**Scott's Toffee Apple Mini Muffins**= 1 ½ exchanger per mini muffin (1.3g protein per mini muffin)



**Scott's Scary Queen Cakes** = 1 ½ exchanges per queen cake (1.6g protein per queen cake)



**Sweet Champions Halloween Bag (includes Wham Assortment - Assorted Flavour Mini Chew Bars Lolly Assortment - Assorted Flavour Lollies Kola Frosties - Hard Candy with a Chewy Centre)**

*Available in Tesco*

Wham Mini Chew Bars =free (trace of protein)

Lollies = free (trace of protein)

Kola Frosties = free (trace of protein)



**Halloween Bag Drumsticks Squashies 160G = 1 exchange per 25g serving (0.9g protein)**



**Rowntrees Minis = Free per 15g fun-sized bag (Trace of protein) (100g=0.1g protein)**



**Swizzels Scary Mix= Free per 25g portion (<0.1g per 25g portion) (0.2g protein per 100g)**



**Swizzels Trick or Treat Lolly Mix = Free per 30g portion (<0.1g protein per portion, 0.2g protein per 100g)**



Swizzels Lots of Lollies =Free per 100g (0.3g protein per 100g)



Swizzels Spooky Trick or Treat Mix =Free (0.2g protein per 100g)



Skittles Darkside =Free per fun sized bag (0g protein per 18g bag)



Chupa Chups The Best Of...= Free per 100g (0g protein per 100g)

