



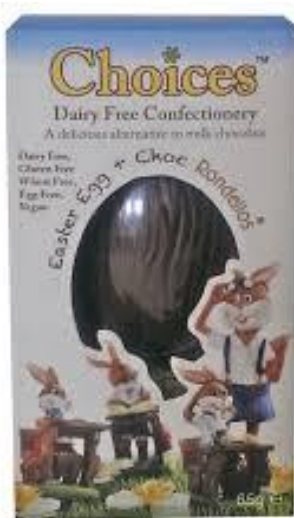
Low Protein Easter Eggs 2016



Choices Dairy Free White Chocolate Egg & Buttons (65g)

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

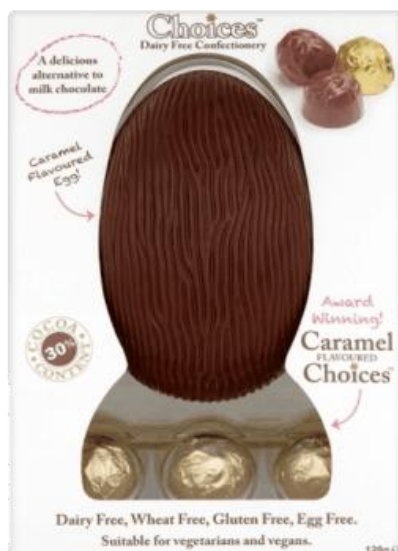
Available in Holland & Barrett



Choices Dairy Free Chocolate Egg & Choc Rondellos (65g)

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

Available in Holland & Barrett



Choices Dairy Free Caramel Flavoured Egg & Caramel Flavoured Choices (120g)

Full egg (90g) contains 1.9g protein = **2 exchanges**

1 caramel choice contains 0.1g protein = **free**

Full egg & 6 caramel choices = **2 ½ exchanges**

Available in Holland & Barrett



Moo Free Easter Bunnycomb Egg (100g)

Full egg (100g) contains 2.8g protein = **3 exchanges**

½ egg contains 1.4g protein = **1 ½ exchanges**

Available in Super Valu (€6.00)



Moo Free Cheeky Orange Egg (100g)

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

½ egg contains 1.4g protein = **1 ½ exchanges**

Available in Super Valu (€6.00)



Kinnerton Frozen Ceramic Mug & Milk Chocolate Egg (45g)

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

½ egg contains 1.2g protein = **1 exchange**



Kinnerton Peppa Pig Milk Chocolate Easter Egg (45g)

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

½ egg contains 1.2g protein = **1 exchange**

Available in Super Valu (€2.79)



Kinnerton Paw Patrol Milk Chocolate Egg (45g)

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

½ egg contains 1.2g protein = **1 exchange**

Available in Super Valu (€2.79)

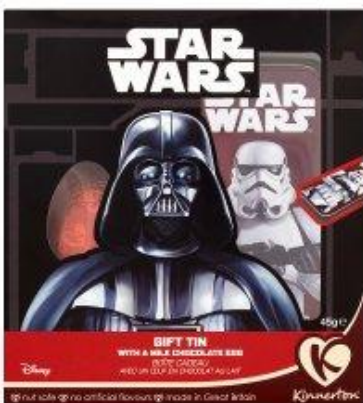


Kinnerton Thomas & Friends Easter Gift Set (45g)

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

½ egg contains 1.2g protein = **1 exchange**

Available in Super Valu (€7.50) and Tesco (€6.50)



Kinnerton Star Wars Gift Tin & Egg (45g)

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

½ egg contains 1.2g protein = **1 exchange**

Available in Super Valu (€5) and Tesco (€6)

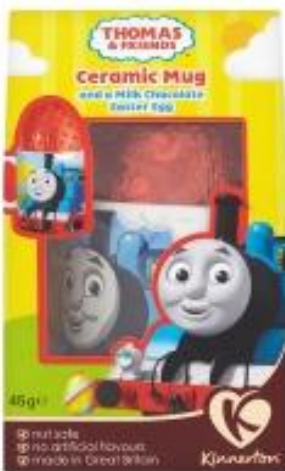


Kinnerton Bratz Kids on the Go & Milk Chocolate Egg (45g)

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

½ egg contains 1.2g protein = **1 exchange**

Available in Super Valu (€7)



Kinnerton Thomas & Friends Mug & Egg (45g)

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

½ egg contains 1.2g protein = **1 exchange**

Available in Super Valu (€5)



Plamil Organic Dairy Free Half Eggs (85g bag)

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

½ bag contains 1.2g protein = **1 exchange**

Available in Holland & Barrett



Organic Dairy Free Alternative to Milk Chocolate Egg (85g)

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

½ egg contains 1.2g protein = **1 exchange**



Choices White Chocolate Bunny Bar (40g)

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

Available in Tesco and Holland & Barrett



Choices Milk Chocolate Bunny Bar (40g)

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

Available in Tesco and Holland & Barrett



Tesco Free From White Choc Buttons (25g bag)

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

Available in Tesco (€1.09)



Tesco Free From Milk Choc Buttons (25g bag)

Full bag (25g) contains 0.6g protein = **½ exchange**

Available in Tesco (€1.09)