

Easter Eggs & Treats 2025

NOMO



NOMO Cookie Dough/Choc Fudge Bunny, 1 bunny (25g) = 0.5 exchange

NOMO Cookie Dough Egg and Bunny 155g, 1/2 egg (65g) = 2 exchanges, whole egg= 4 exchanges, Bunny (25g) = 0.5 exchanges

NOMO Caramel Egg & Caramel Chocolate Bar 148g, 1/2 egg (78g) = 2 exchanges, Whole egg= 3.5 exchanges, Bar = 1 exchange



NOMO Coconut Easter Egg & Bar

1/2 egg (60g) = 2 exchanges, whole egg (120g)= 3.5 exchanges, 1 bar 33g= 0.5 exchanges

NOMO Creamy Choc Egg & Mini Bars 154g, 1/2 egg (55g) = 1.5 exchanges, whole egg (110g) = 2.5 exchanges, 1 bar 11g= Free

NOMO Little Monsters Egg and Lolly, 1/2 egg (40g) = 1 exchange, whole egg (80g) = 2 exchanges, lolly= Free

National Centre for Inherited Metabolic Disorders

General



M&M's Crispy Milk Chocolate Easter Bunny Treat 29g, **1 bunny = 2 exchanges**

Maltesers Chocolate Easter Bunny Treat 29g, **1 bunny = 2 exchanges**

Rowntree's Jelly-Tastic Mini Egg Chocolate Sharing Bar 100g, **4 squares (17g) = 1 exchange**



Lindt Easter Milk Chocolate Fun Bugs & Bees 5 Pack 50g, **1 piece (10g) = 0.5 exchange, 2 pieces (20g) = 1.5 exchanges**

Kinder Milk Chocolate Easter Mini Figures 6 x 15g, **per 15g piece = 1.5 exchanges**



Kit Kat Bunny Milk Chocolate Easter Figure Sharing Bag 55g, **Per bunny (11g) = 0.5 exchange**

Lindt Lindor White Chocolate Easter Mini Eggs Bag 80g, **20g (1/4 pack) = 1 exchange**

Aldi



Dominion Easter Fizzy Sweet Mix, 25g serving = Free

Dairyfine Strawberry White Choco Egg, Half egg (57g) = 1 exchange, Whole Egg (115g) = 2 exchanges

Dairyfine Honeycomb Choco Easter Egg, Half egg (55g) = 1 exchange, whole Egg (110g) = 2 exchange



Dairyfine Mini Chocolate Eggs, 6 eggs (20g) = 1 exchange

Dairyfine Eggjoyables Milk Crème, 1 egg (36g) = 2 exchanges

Dairyfine Eggjoyables Choco Crème, 1 egg (36g) = 1.5 exchanges

Dairyfine Eggjoyables Cookie & Crème, 1 egg (36g) = 2 exchanges

M&S



Made Without Dairy Charlie the Bunny 190g, **1/2 bunny (45g) = 2 exchanges, whole bunny= 4 exchanges**

Made Without Dairy Lucy the Lamb 70g, **Lamb= 2 exchanges**

Made Without Dairy Chickita the Chicken 155 g, **Half (77g)= 1.5 exchanges, Whole egg (155g)= 3.5 exchanges**

Plant Kitchen Bunny Hollow 100g, **Half Bunny (50g)= 1 exchange, whole bunny (100g)= 2 exchanges**



Mint Choccy Speckled Eggs 90g, **6 eggs (20g) = 1 exchange**

Orange Choccy Speckled Eggs 90g, **6 eggs (20g) = 1 exchange**

Milk Chocolate Speckled Eggs 150g, **6 eggs (20g) = 1 exchange**



Milk Chocolate Tiny Choccy Eggs 180g, **1 mini bag (18g) = 1 exchange**

Made Without Dairy Bunny Bar 18g, **1 bar = 0.5 exchange**

Percy Pig and His Chirping Chicks 150g, **100g = 1 exchange, 40g = free**



Eggstra Goopy Caramel Eggs 160g, **1 egg (40g) = 2 exchanges**

Clutter of Kittens 53g, **1 kitten (11g) = 1 exchange**

Kit Kat Bunny Milk Chocolate Easter Figure Sharing Bag 55g, **Per bunny (11g) = 0.5 exchange**

Lindt Lindor White Chocolate Easter Mini Eggs Bag 80g, **20g (1/4 pack) = 1 exchange**