

Low Protein Christmas Treats

These foods are to be used as a treat once or twice a week as part of a healthy diet

Tesco

Some products can be found in several supermarkets



Freefrom Iced topped mince pies **1 mince pie = 1 exchange**

Freefrom mini mince pies **1 mini mince pie = 1 exchange**

Freefrom Shortbread rounds **1 biscuit = ½ an exchange**



Mr.Kipling Frosty Fancies **1 cake = ½ an exchange**

Mr.Kipling Festive Bakewell **1 bakewell = 1 ½ exchanges**

Mr.Kipling Christmas Slices **1 slice = 1 exchange**



Mr.Kipling Mince Pie Whirls **1 Mince Pie Whirl = 1 exchange**

Tesco Finest Chocolate & Ginger Stollen Bites **1 bite = 1 exchange**

Tesco Chocolate Swirl Bites **1 bite = 1 exchange**



Tesco Mini Gingerbread Men **4 biscuits = 1 ½ exchange**

tesco Free From Millionaire's Cookies **1 cookie = 1 exchange**

Toblerone Truffles **2 truffles = 1 exchange**

Malteser Truffles **2 truffles = 1 ½ exchanges**



After Eight Winter Fondants **2 fondants = ½ an exchange**

After Eight Dark Mint Chocolate Box **1 chocolate = ½ an exchange**

NOMO Impulse Reindeer Cookie Dough **1 bar = ½ an exchange**

Supervalu



BFree Salted Caramel Brownies **1 brownie = 1 ½ exchange**

Marks and Spencers



Colin & Connie Caterpillars Christmas Time $\frac{1}{4}$ of the bag = Free

Salt & Vinegar Stars 25g portion = 1 exchange

Made without Gingerbread Biscuits 1 biscuit = $\frac{1}{2}$ an exchange

Made without Stem Ginger Snaps 1 Biscuit = $\frac{1}{2}$ an exchange



Made Without Christmas Pudding $\frac{1}{4}$ of pudding = 3 exchanges

Made Without Mince pies 1 mince pie = 1 exchange

Made Without Chocolate santa Whole Santa = $\frac{1}{2}$ an exchange



Made Without Chocolate Yule Log $\frac{1}{4}$ of Yule log = 2 $\frac{1}{2}$ exchanges

Dunnes



Jacobs Chocolate Kimberley **1 biscuit = 1 exchange**

Jacobs Chocolate Mikados **1 mikado = 1 exchange**

Terrys Chocolate Orange **4 segments = 1 ½ exchanges**



Ferrero Rocher **1 ferrero rocher = 1 exchange**

Toffifee **1 Toffifee = ½ an exchange**

Kinder Bueno Eggs **1 egg = 1 exchange**

Malteser Reindeer **1 reindeer = 2 exchanges**

Lidl

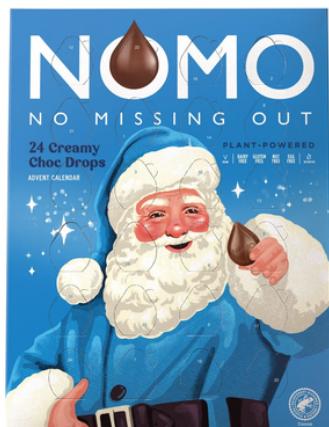


Apple and Salted Caramel Crumble Pies **1 pie = 2 exchanges**

All Butter Caramel Sticks **1 Twin Stick = ½ an exchange**

All Butter Cinnamon Knots **1 knot = 1 exchange**

Advent Calendars



NOMO Advent Calendar 1 chocolate = Free

Moo Free Advent Calendar 1 chocolate = Free

Haribo Advent Calendar 1 mini bag = $\frac{1}{2}$ an exchange

Chupa Chups Advent Calendar = Free



Terry's Chocolate Orange Advent Calendar 1 chocolate = Free

Kinder Bueno Advent Calendar 1 Chocolate = $\frac{1}{2}$ an exchange

Milkybar Advent Calendar 1 chocolate = Free

Advent Calendars



Cadbury Dairy Milk Calendar **1 chocolate = Free**



Kinnerton Paw Patrol Advent Calendar **1 chocolate = Free**



Kinnerton peppa Pig Advent Calendar **1 chocolate = Free**



Maltesers Reindeer Advent Calendar **1 chocolate = Free**