

Low Protein Easter Eggs & Treats 2026



Tesco Free From Chocolate Egg With Buttons 115G ½ egg = 1 exchange, Full egg = 2 exchanges

Tesco Free From Caramel Crunch Choc Egg 160g ½ egg = 1½ exchange, Full egg = 3 exchanges

Tesco Free From Choc Raisin and Biscuit Egg 160g ½ egg = 2 exchanges. Full egg = 4 exchanges

Tesco Free From Mini Choc Spring Eggs(50g bag) ½ bag = ½ an exchange



NOMO Salted Popcorn Egg & Bar ½ egg = 1 ½ exchanges, full egg = 3 exchanges, Full bar (32g) = 1 exchange

NOMO Cookie Dough Egg and Bunny 155g 1/2 egg (65g) = 2 exchanges, whole egg = 3 ½ exchanges, Bunny (25g) = 1/2 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

Always check the label as ingredients can change
Updated February 2026



M&S Made Without Choccy Egg and Bunny Bar With Crispy Pieces (150g) $\frac{1}{2}$ egg = 2 exchanges, full egg 4 exchanges, bar = free



M&S Made Without Choccy Egg and Bunny Bar With Crispy Pieces (150g) $\frac{1}{2}$ egg = 2 exchanges, full egg 4 exchanges, bar = free

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



Kinder Mini Easter Eggs - Milk Chocolate & Hazelnut 75g 2 eggs = 1 exchange

Aero Mini eggs (70g bag) 10 mini eggs = 1 exchange

M&M Bunny 29g bunny = 2 exchanges

Maltesers Bunny 29g = 2 exchanges



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

Kinder Bueno Mini Easter Eggs (80g bag) 1 egg = 1 exchange



Kinnerton Bluey Easter Egg (50g) 1/4 of egg = 1 exchange