

Nutritious & Delicious Grab & Go Recipes



Impulse Snacks – Peanut, Date, Apple, Sunflower and Pumpkin Seed Pot

Ingredients (serves 1)

15g Raw Peanuts
20g Medjool Dates
15g Pumpkin Seeds
20g Sunflower Seeds
30g Dried Apple

Method

1. Assemble (layer) all ingredients in a serving pot

Key Nutrients

Portion	100g	
Calories	382 (kcal)	
Nutrients	Per Serving	
Fat	19g	Med
Saturates	3.7g	Med
Sugars	19g	Med
Salt	0+g	Low
Protein	12.4g	–

Allergen Info: Peanuts