

Nutritious & Delicious Grab & Go Recipes



Impulse Snacks - Hazelnut, Cranberry and Almond Pot

Ingredients (serves 1)

25g Hazelnuts
50g Cranberries (Dried)
25g Almonds

Method

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

Key Nutrients

| | | |
|-----------|-------------------|-----|
| Portion | 100g | |
| Calories | 224 (kcal) | |
| Nutrients | Per Serving | |
| Fat | 19g | Med |
| Saturates | 1.5g | Low |
| Sugars | 3.5g | Low |
| Salt | 0+g | Low |
| Protein | 6.3g | - |

Allergen Info: Nuts