

No palm oil!

100% nuts!

We roast organic peanuts in their natural skins, then grind them until almost (but not quite) smooth.

Preparation and uses
Try on crackers and crumpets, add to shakes, cakes and bakes.

Storage Store cool & dry. Once opened, consume within 3 months.



Made in the UK
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1kg e

Best before end:
See lid

Nutrition Information

per 100g

Energy	2470 kJ	596 kcal
Fat		46.0g
of which saturates		8.2g
monounsaturates		21.7g
polyunsaturates		14.3g
Carbohydrate		11.6g
of which sugars		5.9g
Fibre		8.5g
Protein		29.6g
Salt		0.0g

Vitamins & Minerals

per 100g (RDA)

Biotin	130µg	(260%)
Niacin	131mg	(82%)
Copper	0.64mg	(64%)
Phosphorus	420mg	(60%)
Magnesium	190mg	(51%)
Zinc	3.3mg	(33%)