



## ORGANIC CACAO NIBS

Cacao is best known as the main ingredient in chocolate. Many people enjoy cacao nibs when they crave a natural chocolate treat.

Grown in South America, the cacao beans are fermented to enhance their rich flavour and then broken into small pieces, known as nibs – a natural alternative to chocolate chips!

### Why not try Banana Muffins?

#### Ingredients

- 2 1/2 cups mashed banana
- 3/4 cup sugar
- 1 cup vegetable oil
- 3 large eggs
- 1 tsp vanilla extract
- 2 cups all-purpose flour
- 1/4 tsp salt
- 1 tsp baking soda
- 4 tbsp cacao nibs



#### Directions

Preheat the oven to 170°C and line a 12-cup muffin pan with parchment paper. In a bowl, mix the banana, sugar, oil, eggs and vanilla until thoroughly combined.

Next, sift in the flour, baking soda and salt, then mix into a batter. Add 3 tablespoons of cacao nibs and gently mix.

Divide the batter evenly into the muffin pan, then sprinkle the tops with the remaining cacao nibs. Bake for 15-18 minutes or until a toothpick comes out clean.

Best Before End: See below

### NUTRITIONAL INFORMATION

TYPICAL VALUES (As Sold)	Per 100g	(%RI*)
<b>Energy</b>	2459kJ 597kcal	
<b>Fat</b>	54g	
<b>of which saturates</b>	33g	
<b>Carbohydrate</b>	3.6g	
<b>of which sugars</b>	0.5g	
<b>Fibre</b>	23g	
<b>Protein</b>	13g	
<b>Salt</b>	0g	
<b>Potassium</b>	863mg	43%
<b>Magnesium</b>	279mg	74%
<b>Iron</b>	2.6mg	19%
<b>Manganese</b>	3.3mg	166%

\*Reference Intake of an average adult (8,400kJ/2,000kcal).

**Ingredients:** 100% Organic Cacao Nibs.

**Storage:** Store in a cool, dark and dry place.

Cacao Nibs (Theobroma Cacao) produced in Peru, packed in the UK for Green Origins.

**GB:** Unit 1, Campbell Way, Sheffield S25 3SF, UK.

**EU:** Block B, Crescent Building, Dublin, D09 C6X8, IRL.

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