

DISCOVER. CREATE. ENJOY

Tropical Dried PINEAPPLE

Our single origin pineapple is grown on smallholder farms in tropical Sub-Saharan Africa, known for its exotic fruit. These farms ensure Fairtrade practices like education, environmental responsibility & fair prices. Our pineapple is sliced & gently dried to lock in the sweet flavour & succulent texture.



30g of dried fruit equates to one of your five-a-day.

Create | Tropical Pineapple Granola Bars | Preheat oven to 150°C. Line a 23cm square baking tin with parchment. Place 300g Porridge Oats, 100g chopped Tropical Pineapple, 30g Sunflower seeds, 30g Pumpkin seeds, 160g chopped Malatya Apricots in a large bowl & stir. Heat 200g butter, 50g golden syrup, 1 teaspoon vanilla extract & 395g condensed milk and mix with dry ingredients. Spoon into a baking tin & bake for 45mins until golden brown. Remove from the oven & cool in a fridge until firm before cutting.



Ingredients: Pineapple, preservative (**sulphur dioxide**).

Allergy Advice: See ingredients in **bold**. As well as our delicious fruit, our team also prepare peanuts, nuts and sesame seeds in our roastery.

NUTRITIONAL: TYPICAL VALUES	PER 100g
ENERGY	1335kJ /314kcal
FAT	0.6g
OF WHICH SATURATES	0.01g
CARBOHYDRATES	75.0g
OF WHICH SUGARS	75.0g
FIBRE	7.3g
PROTEIN	2.2g
SALT	0.17g

Best Before End:

STORAGE: Store in a cool dry place.
Once opened, use within one week.
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