

DISCOVER. CREATE. ENJOY

## Jumbo Agen PRUNES

Forest Feast Jumbo Prunes are sourced solely from orchards in the protected Agen region of Southwest France. The unique climate means they reach perfect ripeness in August when they are harvested and slow dried to lock in their intense flavour and rich purple colour.



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

**Create | Chocolate, Walnut & Prune Brownies** | Line a 20cm square cake tin & pre-heat the oven to 180°C / 160°C fan. Chop 100g Jumbo Agen Prunes into pieces & mix with a little apple juice. Melt 125g butter in a pan & add 50g cocoa. Whisk 2 eggs with 225g caster sugar & stir in the prunes, apple juice, cocoa mixture, 75g of chopped dark chocolate, 75g of chopped walnuts, & ¼ tsp vanilla extract. Fold in 75g self-raising flour, pour into the tin & bake for 30-35 mins. Cut into squares to serve.



**Ingredients:** Prunes, preservative (potassium sorbate).

**Allergy Advice:** As well as our delicious fruit, our team also prepare peanuts, nuts and sesame seeds in our roastery. May contain stone or stone pieces.

NUTRITIONAL: TYPICAL VALUES	PER 100g
ENERGY	996kJ / 238kcal
FAT	<0.5g
OF WHICH SATURATES	<0.1g
CARBOHYDRATES	54g
OF WHICH SUGARS*	37g
FIBRE	7.2g
PROTEIN	1.8g
SALT	0.02g

\*Contains naturally occurring sugars.

**STORAGE:** Keep cool. Refrigerate after opening.

Once opened, use within one week.

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250g e

Best Before End:



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