

Jamtastic News

Fruity facts for you to nibble on

Did you know a strawberry isn't really a berry. But a banana is. How berry confusing!







all natural ingredients









SUPER BERRY

*40% less sugar than standard jams

Bursting with fruit, spřeading goodness

At Fearne & Rosie, we're all about jams that burst with tasty goodness.

We pack each jar with more fruit helping everyone to eat a little healthier.

Great tasting jams that are big on fruit and even bigger on flavour!

What's in the jar:

Mixed Berry Reduced Sugar Jam Ingredients: Fruits (Strawberries (30%

berries per 100a.

<0.01g <0.01g

Nutrition inform Typical values	ation per 100g	per 10g serving
Energy	637kJ	64kJ
	105kcal	11kcal
Fat	<0.5g	<0.5g
of which saturates	<0.1g	<0.1g
Carbohydrate	34g	3.4g
of which sugars	34g	3.4g
Fibre	2.9g	<0.5g
Protein	0.6g	<0.5g