



NIBBLES

Assorted Nuts 50g

Assorted nuts, lightly salted.

Target Market: Any age.

Market Segments: Food Service.

Almonds are one of the best food sources of Vitamin E, a powerful antioxidant that protects our cells from damage, helping to maintain a healthy heart and blood vessels.

Cashew nuts are a good source of magnesium, needed for strong bones. Macadamias, the Australian nuts, are packed with healthy monounsaturated fats and have been found to lower body cholesterol.

Our almonds (non pareil) are grown in South Australia. Cashews are imported from selected sources. Macadamias are grown in Byron Bay in Northern New South Wales, Australia.