



# KURANDA GLUTEN FREE

OUR COMMITMENT SINCE 2006, IS TO PROVIDE PREMIUM HEALTH FOODS DESIGNED FOR PEOPLE MAKING DIETARY LIFESTYLE CHOICES.

THE KURANDA WHOLEFOODS RANGE IS MADE USING PREMIUM QUALITY PLANT BASED NATURAL INGREDIENTS THAT ARE 100% GLUTEN FREE, WHEAT FREE, DAIRY FREE AND LOW GI. WITH PRODUCTS DESIGNED TO SUIT A VARIETY OF DIETARY NEEDS INCLUDING COELIAC, DIABETIC, PALEO, VEGAN, LOW FRUCTOSE, LOW SUGAR, LOW SALT DIETS AND MORE.



## LIL' GOODIES LUNCHBOX BITES

10 individually wrapped bites per 180g pack

At Kuranda Wholefoods we understand the challenge busy families face around packing a healthy and nutritious lunchbox that kids (adults too!) will eat. Sound familiar?

These Lil' Goodies are just like you would make them at home only we have done the work for you. A Nut Free recipe of wholesome real fruits, infused with natural flavours, these yummy bites can be enjoyed by the whole family

**Source of Fibre - Plant Based - Vegan  
Dairyfree - Egg Free - Raw Cold Pressed**



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[www.kurandawholefoods.com.au](http://www.kurandawholefoods.com.au)





# LIL'GOODIES

## 10 BITES PER PACK



### NUTRITION INFORMATION

Servings per package: 10  
Serving Size: 18g

|                      | Average Quantity per Serving | Average Quantity per 100g |
|----------------------|------------------------------|---------------------------|
| Energy               | 276 kJ                       | 1536 kJ                   |
| Protein              | 0.9 g                        | 5.2 g                     |
| Gluten               | Not Detected                 | Not Detected              |
| Fat (total)          | 3.1 g                        | 17.2 g                    |
| - Saturated          | 2.4 g                        | 13.1 g                    |
| - Trans              | 0.0 g                        | 0.0 g                     |
| Carbohydrate (total) | 9.0 g                        | 49.9 g                    |
| Sugars               | 6.5 g                        | 36.0 g                    |
| - Dietary Fibre      | 1.4 g                        | 7.6 g                     |
| Sodium               | 2 mg                         | 12 mg                     |

**INGREDIENTS:** Dates, Apricots, Coconut, Sorghum, Pure Maple Syrup, Sunflower Seeds, Coconut Oil, Vanilla (1%), Himalayan Salt.

| DESCRIPTION              | S.K.U DIMENSIONS IN MM |
|--------------------------|------------------------|
| Lil Goodies Vanilla Bean | 145x190x45             |

| SHIPPER QTY | PACK SIZE | UNIT BARCODE  | OUTER BARCODE  |
|-------------|-----------|---------------|----------------|
| 8           | 180g      | 9324414000090 | 19324414000097 |



### NUTRITION INFORMATION

Servings per package: 10  
Serving Size: 18g

|                      | Average Quantity per Serving | Average Quantity per 100g |
|----------------------|------------------------------|---------------------------|
| Energy               | 273 kJ                       | 1833 kJ                   |
| Protein              | 0.9 g                        | 19.0 g                    |
| Gluten               | Not Detected                 | Not Detected              |
| Fat (total)          | 3.3 g                        | 23.9 g                    |
| - Saturated          | 2.5 g                        | 6.2 g                     |
| - Trans              | 0.0 g                        | 0.0 g                     |
| Carbohydrate (total) | 8.3 g                        | 32.6 g                    |
| Sugars               | 5.8 g                        | 24.0 g                    |
| - Dietary Fibre      | 1.4 g                        | 8.1 g                     |
| Sodium               | 2 mg                         | 45 mg                     |

**INGREDIENTS:** Dates, Apricots, Coconut, Sorghum, Sunflower Seeds, Coconut Oil, Banana(5%), Himalayan Salt.

| DESCRIPTION                 | S.K.U DIMENSIONS IN MM |
|-----------------------------|------------------------|
| Lil Goodies Banana Smoothie | 145x190x45             |

| SHIPPER QTY | PACK SIZE | UNIT BARCODE  | OUTER BARCODE  |
|-------------|-----------|---------------|----------------|
| 8           | 180g      | 9324414000403 | 19324414000400 |



### NUTRITION INFORMATION

Servings per package: 10  
Serving Size: 18g

|                      | Average Quantity per Serving | Average Quantity per 100g |
|----------------------|------------------------------|---------------------------|
| Energy               | 262 kJ                       | 1454 kJ                   |
| Protein              | 1.1 g                        | 6.2 g                     |
| Gluten               | Not Detected                 | Not Detected              |
| Fat (total)          | 2.3 g                        | 13.0 g                    |
| - Saturated          | 1.6 g                        | 9.0 g                     |
| - Trans              | 0.0 g                        | 0.0 g                     |
| Carbohydrate (total) | 8.8 g                        | 49.1 g                    |
| Sugars               | 5.9 g                        | 32.6 g                    |
| - Dietary Fibre      | 1.5 g                        | 8.1 g                     |
| Sodium               | 3 mg                         | 16 mg                     |

**INGREDIENTS:** Dates, Apricots, Sorghum, Coconut, Raw Cacao, Pure Maple Syrup, Sunflower Seeds, Coconut Oil, Vanilla, Himalayan Salt.

| DESCRIPTION            | S.K.U DIMENSIONS IN MM |
|------------------------|------------------------|
| Lil Goodies Choc Maple | 145x190x45             |

| SHIPPER QTY | PACK SIZE | UNIT BARCODE  | OUTER BARCODE  |
|-------------|-----------|---------------|----------------|
| 8           | 180g      | 9324414100073 | 19324414100070 |



### NUTRITION INFORMATION

Servings per package: 10  
Serving Size: 18g

|                      | Average Quantity per Serving | Average Quantity per 100g |
|----------------------|------------------------------|---------------------------|
| Energy               | 294 kJ                       | 1635 kJ                   |
| Protein              | 1.0 g                        | 5.6 g                     |
| Gluten               | Not Detected                 | Not Detected              |
| Fat (total)          | 3.8 g                        | 21.2 g                    |
| - Saturated          | 3.0 g                        | 46.7 g                    |
| - Trans              | 0.0 g                        | 0.0 g                     |
| Carbohydrate (total) | 8.4 g                        | 46.7 g                    |
| Sugars               | 5.9 g                        | 32.7 g                    |
| - Dietary Fibre      | 1.4 g                        | 7.9 g                     |
| Sodium               | 2 mg                         | 13 mg                     |

**INGREDIENTS:** Dates, Apricots, Coconut(24%), Sorghum, Sunflower Seeds, Coconut Oil, Vanilla, Himalayan Salt.

| DESCRIPTION                | S.K.U DIMENSIONS IN MM |
|----------------------------|------------------------|
| Lil Goodies Coconut Slices | 145x190x45             |

| SHIPPER QTY | PACK SIZE | UNIT BARCODE  | OUTER BARCODE  |
|-------------|-----------|---------------|----------------|
| 8           | 180g      | 9324414100066 | 19324414100063 |