



nutella® ON TOAST

Ingredients - Serves 1

- **15g portion of nutella**
- **1 piece of wholemeal toast**

Method

1. Choose a large cookie cutter to create a fun toast shape... try a heart, circle or even a car shape!
2. Place in the centre of a piece of wholemeal toast and press firmly to cut out the shape.
3. Spread a 15g portion of nutella in the middle of the toast.

Tips

- Use small cutters for fun bite-sized shapes from one piece of toast.

Nutritional Information	Energy (Kj)	Energy (Kcal)	Protein (g)	Carbo-hydrates (g)	Sugars (g)	Fat (g)	Saturated fat (g)	Fibre (NSP)	Sodium (mg)	Salt Equiv (g)
Per 15g nutella [on 1 piece wholemeal toast]	668.3	158.6	4.5	23.7	9.1	5.6	1.7	2.4	181.8	0.5