

Harriet's Super Foods
18 Merlin Gardens
Bedford
MK41 7HL
07870 587926
harrietssuperfoods@gmail.com

Ingredients, Allergens & Storage Information as of 1st June 2025

All the following products to be sold Frozen in a sealable bag

Energy Balls will last at least 3 months stored frozen - Defrost 30mins before display

Best Served chilled but can be eaten from Frozen

Once defrosted will last at least 7 days refrigerated or Airtight container

I take great care in removing any stones found in the Dates but there may be the odd stone or stone fragment still present

Vegan Coconut Super Energy Balls – 45g each – 16 Balls for £17.60

Pitted Dates, Roasted **Peanuts** whole skin on (100%), Oats, Chia Seeds, Organic Cocoa Powder, Organic Desiccated Coconut for dusting

Allergy Information: Contains Peanuts

Vegan Orange Super Energy Balls – 45g each – 16 Balls for £17.60

Pitted Dates, Roasted **Peanuts** whole skin on (100%), Oats, Chia Seeds, Organic Cocoa Powder, Valencian Orange Extract (Rapeseed Oil, Orange Oil)

Allergy Information: Contains Peanuts

Vegan Almond Super Energy Balls – 45g each – 16 Balls for £17.60

Pitted Dates, Roasted **Peanuts** whole skin on (100%), Oats, Chia Seeds, Organic Cocoa Powder, Ground **Almonds** for coating, **Almond** Extract (Rapeseed Oil, Almond Oil)

Allergy Information: Contains Peanuts, Almonds

Some ingredients are packed in a factory that also packs cereals containing gluten (wheat & barley), nuts, celery, sesame, mustard, milk, soya, tree nuts and/or products containing sulphur dioxide/sulphates

Oats not suitable for Wheat & Barley allergy sufferers due to the methods used in the manufacture of this product