

Sweet Treats

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UNDER

400KJ

INDULGE YOUR SWEET TOOTH UNDER THE EXPERT GUIDANCE OF DIETITIAN VANESSA SCHULTZ

A sweet treat doesn't have to spell the end of your healthy eating intentions. Having the odd indulgence can even make you more likely to stick to your diet. Choose a snack that's 400kJ or less and you'll satisfy your craving but not undo all your good work. So why not try one of these delectable delights next time you fancy something sweet.

Satisfy that sweet tooth
while boosting your antioxidants!



■ **HAZELNUT CREAM
CRISPY WAFERS**
5 bite-size squares of
Balocco Crema Nocciola
Wafers = **386KJ**



■ **INDULGENT
CHOCOLATE
BALL**
1 Ferrero
Rocher Ball
= **308KJ**



■ **CHOCOLATE-DRIZZLED
STRAWBERRIES**
4 medium strawberries
drizzled with 1
tablespoon melted dark
chocolate = **325KJ**



■ **HOT
CHOCOLATE WITH
MARSHMALLOWS**
210ml cup of
Jarrah Chocolate
Frothy Classic
chocolate drink
topped with three
marshmallows
= **382KJ**



■ **ZESTY LEMON SORBET**
1 single serve cup of
Always Fresh Italian
Sorbetto, Sicilian
Lemon = **307KJ** ▶

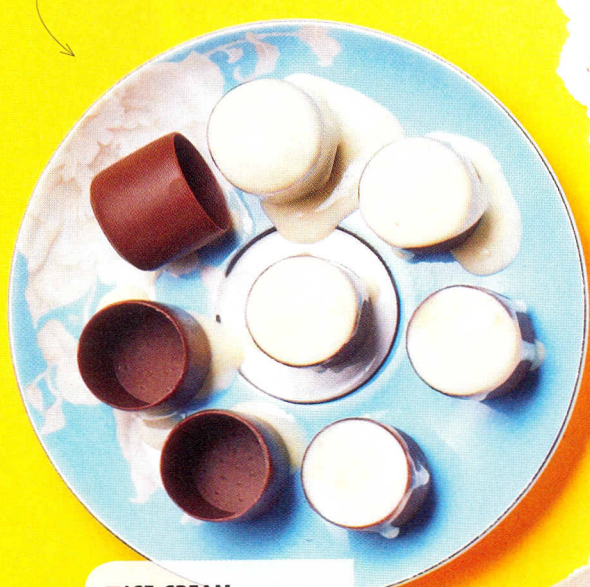


■ **DARK CHOCOLATE
COATED RICE CAKES**
5 Table of Plenty Dark
Chocolate Mini Rice
Cakes = **363KJ**

Test your spooning skills with this one

■ **CHOC-INFUSED RASPBERRIES**

25 fresh raspberries, each filled with one Nestlé Baking Dark Choc Bits = **345KJ.**



■ **ICE-CREAM CHOCOLATE CUPS**

2 Coles Milk Chocolate Cups (5g each), each filled with 1 tablespoon Nestlé Peters Light & Creamy Crème Brûlée ice-cream = **386KJ.**

■ **CHOCOLATE PIKELET BITES**

3 Golden Pikelet Bites spread with 2 teaspoons of Kraft Philadelphia Cadbury chocolate = **373KJ.**



■ **PASSIONFRUIT MACARON**

1 Adriano Zumbo Pâtissier Passionfruit Macaron (packet mix) = **366KJ.**



■ **DELECTABLE MANGO BAR**

1 Weis' Minis Mango & Ice Cream bar = **232KJ.** 🍷

* Be sure to follow the instructions!