

# Crumpet with fresh strawberries, banana and NUTELLA®



## INGREDIENTS



DIFF



PORT



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5  
MIN

- ✓ 1 GOLDEN® crumpet
- ✓ 3 slices of Strawberry
- ✓ 3 slices of banana
- ✓ 15g (1 Tbsp) Nutella

## STEP 1

Toast crumpet until warm and golden.

## STEP 2

Spread the Nutella and top with sliced fruit to serve.

Nutritional Information Per Serve: Energy: 606kJ (145 Cal)

| Protein: 3.4g | Total Fat: 4.9g | Saturated Fat: 1.5g |

Carbohydrates: 21.2g | Sugars: 10.3g | Dietary Fiber: 1.0g |

Sodium: 210mg