



BENTO BOX PROTEIN MIX

This is the perfect mix of protein to keep your energy levels up through a busy day - leave the chicken or turkey out for a meat free dish or leave the oat cakes out for a protein only lunch - I think this is perfect balance of carb / protein / healthy fat for a car lunch or on the go !

INGREDIENTS

- 1 large unit of egg, whole, raw, fresh [50 g]
- 25 grams of cheese, cheddar
- 1 medium unit [3" dia] of apples, raw, with skin [182 g]
- 1 tbsp of hummus, commercial [15 g]
- 2 Oat Cakes of nairns, Oatcakes [25 g]
- 80 grams of chicken, broilers or fryers, breast, meat and skin, raw

COOKING METHOD

- 10 Perfect on the go lunch with no real cooking method required!

NUTRITIONAL INFORMATION

	PER 100 g	% DRI
ENERGY	146 kcal	7 %
PROTEIN	9 g	17 %
CARBOHYDRATE	11 g	4 %
SUGARS	5 g	6 %
FAT	7 g	11 %
FATTY ACIDS, TOTAL SATURATED	3 g	13 %
FIBER	2 g	8 %
SODIUM	93 mg	4 %