

# SWEET BISCUITS AND COOKIES

## E NUMBERS AND SWEETENERS:

E100 = CURCUMIN\*; E122 = AZORUBINE, CARMOISINE\*; E150\* = CARAMEL COLOURINGS - SOME MAY BE HARMFUL; E153 = VEGETABLE CARBON; E160A = CAROTENES\*\*;  
**E160b = ANNATTO\***; E162 = BEETROOT RED\*; E170 = CALCIUM CARBONATE\*; E171 = TITANIUM DIOXIDE; E172 = IRON OXIDE; E202 = POTASSIUM SORBATE; E260 = ACETIC ACID\*; E306 = TOCOPHEROLS\*\*;  
 E327 = CALCIUM LACTATE; E330 = CITRIC ACID, E331 = SODIUM CITRATES\*; E339 = SODIUM PHOSPHATES\*; E341 = CALCIUM PHOSPHATES\*; E401 = SODIUM ALGINATE\*; E410 = LOCUST BEAN GUM\*; E412 = GUAR GUM\*; E414 = ACACIA GUM, GUM ARABIC; E415 = XANTHAN GUM\*; E420 = SORBITOL\*; **E435 = POLYOXYETHYLENE SORBITAN MONOSTEARATE\***;  
 E440 = PECTINS\*; E450 = DIPHOSPHATES\*; E460 = CELLULOSE\*; E461 = METHYL CELLULOSE\*; E464 = HYDROXYPROPYL METHYL CELLULOSE\*; E466 = CARBOXYMETHYLCELLULOSE; E471 = MONO- & DI-GLYCERIDES OF FATTY ACIDS\*; E472E = MONO- AND DIACETYLTARTARIC ACID ESTERS OF MONO- AND DIGLYCERIDES OF FATTY ACIDS\*; E473 = SUCROSE ESTERS OF FATTY ACIDS\*; E475 = POLYGLYCEROL ESTERS OF FATTY ACIDS\*; E492 = SORBITAN TRISTEARATE\*; E500 = SODIUM CARBONATES; E501 = POTASSIUM CARBONATES; E503 = AMMONIUM CARBONATES\*; E575 = GLUCONO DELTA-LACTONE\*; E903 = CARNAUBA WAX\*  
 (GREEN\*\* = SAFE AND/OR BENEFICIAL, GREEN\* = SAFE FOR MOST PEOPLE, ORANGE = CAUTION ADVISED, RED\* = BEST AVOIDED, RED\*\* = HAZARDOUS. REF: WHAT'S REALLY IN YOUR BASKET? BY BILL STATHAM - PUBLISHED BY SUMMERSDALE)

**ADDITIVES/INGREDIENTS:** Please refer to Alex Gazzola's FreeFrom Additives/Ingredients chart on our website for clarification

**\*CODEX ALIMENTARIUS:** The Codex standard for gluten-free foods is now a maximum of 20 parts per million of gluten. This is likely to become law across the EU by the end of 2009 after which manufacturers will have three years in which to comply with the new legislation. The old regulations allowed up to 200ppm gluten.

N = Some oatcake manufacturers cannot guarantee that their oat harvest is free of wheat plants

**INGREDIENTS KEY:** Ingredients in grey in brackets are not included in the product but are either used in the factory in which the product is made, or the producers cannot guarantee trace-free even though ingredients are not used in production. Contact the manufacturer for further clarification. (o)\*\* = organic. Ingredients in bold are potential allergens not listed in the Free Of chart. Ingredients in brown in brackets are included in the baking instructions, although allergen free alternatives can be used.

\*\*\***SPELT:** Spelt is an ancient form of wheat that contains a lower level of gluten, but it may not be safe for those who need to avoid gluten.

## AVAILABILITY KEY:

**E – EATERIES** (INCLUDES B&Bs, CAFES, HOTELS, RESTAURANTS, NATIONAL TRUST PROPERTIES, SUPERMARKET CAFES, ZOOS), **GC – GARDEN CENTRES**, **IR – INDEPENDENT RETAILERS** (INCLUDES DELICATESSENS, FARM SHOPS, HEALTH FOOD STORES, ORGANIC SHOPS) **MM/SM – MOST/SOME MULTIPLES** (MULTIPLES – SUPERMARKETS), **P – PRESCRIPTION**, **W – WEBSITE & MAIL ORDER** (NB MAIL/WEBSITE ORDERS MAY INCUR P&P)

FREE OF:	WHEAT/ GLUTEN	NUTS	DAIRY	EGG	CORN/ MAIZE	INGREDIENTS ARE LISTED SO AS TO INCLUDE EVERY INGREDIENT BUT NOT IN ORDER/QUANTITY THEY APPEAR ON PACK.	TASTERS' COMMENTS	AVAILABILITY/ COST PER 100g
<b>Digestive Trufree</b> digestive biscuits	Y	Y	Y	Y	N	Maize starch, vegetable oil, cane sugar, maize, <b>soya</b> & buckwheat flour, <b>soya</b> bran, sugar beet syrup, modified tapioca starch, salt, E503, E500 (nuts)	Fine, sugary & chewy, Not quite right, Dull & tasteless	97p IR,MM,W
<b>Glutafin</b> digestive biscuits	Y	Y	Y	Y	N	Maize starch, vegetable oil, cane sugar, maize, <b>soya</b> & buckwheat flour, <b>soya</b> bran, sugar beet syrup, modified tapioca starch, salt, E503, E500 (nuts)	Fine, Crunchy & nicely wholemeal, Texture is too hard, Tasteless	N/A P,W
<b>Juvela</b> digestive biscuits	N*	Y	N	Y	N	Wheat & corn starch, palm & rapeseed fat, sugar, invert sugar syrup, dried skimmed milk, vegetable fibre, <b>soya</b> flour, E503, E500, salt, flavouring (nuts)	Very light, Just sweet, Not really digestive, more Rich Tea, Too hard & tasteless	N/A P,W
<b>Barkat</b> digestive biscuits	Y	Y	Y	N	N	Maize & potato starch, rice flour, vegetable fats & oils, water, lemon juice, golden syrup, sugar, palm oil, rice bran, millet, E450, E501, E415, egg, salt (nuts)	Looks very yellow, Soft & no crunch, Stale taste, Feels damp	£1.59 IR,SM,W
<b>Lovemore</b> digestive biscuits	Y	Y	Y	N	N	Maize & potato starch, rice flour, vegetable fats & oils, water, lemon juice, golden syrup, sugar, palm oil, rice bran, millet, E450, E501, E415, egg, salt (nuts)	Nice texture, but damp, Granular & soft, Oversweet & bland	£1.11 IR,MM,W
<b>Plain Tesco FF</b> golden crunch	Y	N	Y	Y	N	Maize & potato starch, sugar, brown rice & millet flakes, <b>coconut</b> , <b>soya</b> flour, glucose, golden syrup, E464, vegetable oil, salt, E475, E100, <b>E160b</b> (nuts)	Good short texture, Nice sugar top, Perfectly acceptable, Good	57p SM,W
<b>Trubitz</b> sugar biscuits	Y	Y	Y	N	N	Rice, potato, tapioca & maize flour, sugar, demerara sugar, vegetable oils, water, salt, E471, flavourings, E330, E160a, vitamins A,D,E, rice, sunflower oil, E170, E341, E415, E450, E500, egg, nutmeg, vanilla	Treacy & sugary, Very crunchy & sticky, Rusk-like, Too sweet	£1.00 W
<b>Juvela</b> sweet biscuits	Y	Y	Y	Y	N	Partially hardened palm oil, rapeseed oil, water, salt, flavouring, vitamins A,D,B1,B2,B6, niacin, iron powder, sugar, rice & potato flour, corn, potato & sugar starch, E401, E412, E440, E464, E500, E575 (nuts)	Reasonably agreeable, Lemony & chewy, Overly buttery/oily	N/A P,W
<b>Juvela</b> tea biscuits	N*	Y	N	Y	N	Wheat & corn starch, sugar, palm & rapeseed fats, dried skimmed milk, <b>soya</b> flour, E503, E500, salt, flavouring (nuts)	Like a crisper Rich Tea, Plain, Lovely & toasted, Good sweetness, Not bad at all	N/A P,W
<b>Orgran</b> rotondo fibre	Y	Y	Y	Y	N	Maize & resistant maize starch, raw sugar, brown rice & pea flour, rice bran, vegetable oil, rice syrup, psyllium, E500, E170, E412, E471, vanilla salt	Vanilla with almondy hints, Crunchy, Nice short texture	£1.72 IR,SM,W

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<b>Cottage Cookies</b> Viennese biscuits	Y	Y	Y	Y	N	Rice, potato, tapioca, maize and buckwheat flour, vegetable fat, water, vegetable colours, <b>E100, E160b</b> , sugar, vanilla, bicarbonate of soda (nuts)	Just the right crunch, Buckwheat taste, Looks off-putting but tastes ok	79p IR,W
<b>EnerG</b> vanilla cookies	Y	Y	Y	N	N	White rice flour, safflower oil, eggs, sugar, potato starch, <b>E170, E466</b> , vanilla extract, corn sugar, salt	Very soft & sugary, Slight marzipan taste, Nice, mild flavour, Almost damp	N/A P
<b>Biscuitcase</b> zing biscuits	Y	Y	Y	Y	N	Rice, potato, tapioca, maize, buckwheat flour, <b>E341, E500</b> , cornflour, icing sugar, lemon, <b>soya</b> protein & oil, <b>E415</b> , water, vegetable oils, salt, <b>E471</b> , vitamins E,A,B6,B12,D as D2, natural flavouring, folic acid, <b>E160a</b> (nuts)	Pleasantly lemony & crumbly, Not bad at all, Nice texture, A bit soft	£2.14 W
<b>Kent &amp; Fraser</b> vanilla butter crunch	Y	Y	N	Y	Y	Rice flour, muscovado sugar, butter, vanilla extract <b>E450, E500</b> , salt (nuts)	Melt in the mouth, Hint of toffee, Good-looking, Excellent bite	£1.96 IR
<b>Glutafin</b> gran biscotto	Y	Y	N	N	N	Maize starch, vegetable oils & fats, <b>E471, E475, E330</b> , natural flavouring, maize flour, sugar, modified tapioca starch, eggs, whole milk powder, sugar beet syrup, <b>E472e, E503, E500</b> , salt (nuts)	Hard & plain like a Rich Tea, Excellent, Good bite, A dunker, Crumbles in the mouth	N/A P,W
<b>Glutafin</b> tea biscuits	Y	N	Y	Y	N	Sugar, maize & <b>soya</b> flour, maize & modified tapioca starch, vegetable oil, <b>coconut, E503, E500</b> , salt natural flavouring (nuts)	Strangely soft when it breaks, Fine, not over-sweet, Damp & mealy texture	N/A P,W
<b>Barkat</b> biscuits	Y	Y	Y	N	N	Corn starch, sugar, palm oil, corn syrup, invert sugar, whole egg powder, cellulose gum, caramelised sugar, <b>E503, E500</b> , salt, <b>E339</b> (nuts, soya, yeast, sesame)	Like Dutch coffee biscuits, Malty, Nicely chewy, Good crunchy bite, Good for kids	99p P,W
<b>Eska!</b> vanilla tea biscuits	Y	Y	Y	N	N	Corn starch, sugar, palm oil, whole egg powder, cellulose gum, salt, <b>E339</b> , flavourings (nuts)	Malted milk, Strong vanilla aroma, Bring on the tea! Very pleasant	96p IR,W
<b>Glutafin</b> sweet biscuits	Y	Y	Y	Y	N	Maize & <b>soya</b> flour, maize & modified tapioca starch, sugar, salt, natural flavouring, <b>E503, E500</b> (nuts)	Perfectly fine, Taste like Horlicks, Sandy texture, Lovely crunch	N/A P,W
<b>Shortbread/Shortcake</b> <b>Waitrose</b> shortcake biscuits	Y	N	Y	N	N	Rice & maize flour, caster sugar, palm, <b>coconut</b> & rapeseed oil, palm stearine, icing sugar, rice & potato starch, <b>E450, E501</b> , dried egg, salt, maize dextrose, <b>E415</b> , natural vanilla flavouring, lemon juice (nuts)	Pale & interesting, Good crispy, short texture, Too light & sweet, Attractive	79p SM,W
<b>Tesco FF</b> shortbread	Y	Y	Y	Y	N	<b>Soya</b> flour, sugar, modified maize starch, glucose, <b>E460, E464, E415</b> , vegetable oil, salt, <b>E100, E160b, E475</b> , flavouring (nuts)	Good texture, but a bit floury, Too light & insubstantial, Lacks butter	69p SM,W
<b>Tesco FF</b> caramel shortcake slice	Y	N	N	Y	N	Condensed milk, glucose & golden syrup, vegetable oil, butter, salt, <b>E440</b> , flavouring, sugar, fat reduced cocoa powder, whey powder, skimmed milk, <b>soya</b> lecithins, maize & modified potato starch, brown rice & millet flakes, <b>coconut, soya</b> flour, <b>E475, E100, E160b, E464</b>	Looks good, You have to like coconut, Quite caramelly, Good balance	74p SM,W
<b>Morrison's</b> caramel shortbread	Y	N	N	Y	N	Condensed milk, glucose & golden syrup, vegetable oil, butter, sugar, flavouring, salt, <b>E471, E160b, E100, E475, soya</b> flour, modified maize starch, <b>coconut</b> , dried skimmed milk, glucose, brown rice & millet flakes, <b>E460, E464</b> , whey powder, fat reduced cocoa powder, lecithins (nuts)	Excellent, Good balance, Good texture of both biscuit & caramel, Characterful	74p SM
<b>Trubitz</b> shortbread	Y	Y	Y	Y	N	Rice, potato, tapioca & maize flour, sarrasin, sugar, vegetable oils, water, salt, <b>E471</b> , flavourings, <b>E330, E160a</b> , vitamins A,D,E, <b>E415</b> , lemon	Good crisp texture, Slightly lemony, Too sugary, Orange note, Excellent and crunchy	83p W
<b>Asda</b> shortbread	Y	Y	N	Y	N	Maize & potato starch, vegetable oil, salt, <b>E475</b> , sugar <b>E160b, E100</b> , natural flavouring, unsalted butter, glucose, <b>E464</b> (nuts, seeds)	Excellent texture & buttery flavour, Subtle, A bit greasy, Slightly bland	66p SM,W
<b>Trufree</b> shortbread	Y	Y	N	Y	N	Maize & <b>soya</b> flour, butter, modified maize starch, sugar, cane sugar, salt (nuts)	Good texture & crunchiness, Nicely toasted look, Excellent texture, Strong	£1.20 IR,MM,W
<b>Glutafin</b> shortbread	Y	Y	N	Y	N	Maize & <b>soya</b> flour, butter, sugar, cane sugar, salt, modified maize starch (nuts)	Melt in the mouth, Good straight shortbread, Nice trad crisp biscuit, Buttery	N/A P,W
<b>Lazy Day Foods</b> shortbread	Y	Y	Y	Y	N	Rice, potato, tapioca & corn flour, vegetable oils, water, <b>E471</b> , flavourings, vitamins A,D,E, <b>E330</b> , salt, <b>E160a, soya</b> lecithin, sugar (nuts)	Baked look, Pleasing flavour, Buttery, Too pale, Powdery, Crisp but too light	£1.60 IR,W
<b>Lifestyle</b> shortbread	Y	Y	N	Y	N	Butter, sugar, rice & maize flour, tapioca, potato & maize starch, cream powder, <b>E412</b> , salt (nuts, sesame)	Nice, melting & crispy but dissolves in mouth, Too pale & powdery	£1.12 W
<b>Orgran</b> shortbread hearts	Y	Y	Y	Y	N	Maize & tapioca starch, palm vegetable oil, sugar, brown rice flour, natural flavour, salt, vanilla, <b>E160a, E412, E461</b>	Very pretty heart shapes, Tastes milky crisp, Some good texture, Solid	£1.32 IR,SM,W

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<b>Kent &amp; Fraser</b> vanilla & walnut shortbread	Y	N	N	Y	N	Butter, rice & corn flour, sugar, walnuts, cornmeal, vanilla extract, <b>E415</b> , salt	Interesting combo, Nutty, Crumbly, Excellent texture, Pleasant	£1.96 IR
<b>Kent &amp; Fraser</b> lemon butter shortbread	Y	Y	N	Y	N	Butter, rice & corn flour, sugar, cornmeal, lemon zest & juice, <b>E415</b> , salt (nuts)	Good lemony taste, though a little too much, Dry texture, A little pale	£1.96 IR
<b>Lazy Day Foods</b> fruit shortbread	Y	Y	Y	Y	N	Rice, potato, tapioca & corn flour, non-hydrogenated margarine, sugar, currants, <b>soya</b> lecithin (nuts, sulphites)	Good fruit content, Harmless taste & texture, A little too dry, Pale	£1.60 IR,W
<b>Ginger</b> <b>Prewetts</b> ginger cookies	Y	Y	Y	Y	Y	Sugar, cocoa mass, cocoa butter, <b>soya</b> lecithin, flavouring, vegetable fat, ginger, <b>E220</b> , rice & maize flour, potato starch, salt, glycerol monostearate, <b>E170</b> , vegetable oil, invert sugar syrup, <b>soya</b> flour, <b>E500</b> , <b>E503</b> , <b>E415</b> , ginger powder (nuts, eggs, seeds)	Good appearance, Nice crunchy texture, Lovely ginger chunks, Blimey it's good!	89p IR,SM,W
<b>Trubitz</b> gingerbread men	Y	Y	Y	N	N	Rice, potato, taioca & maize flour, sarrasin, sugar, egg, vegetable oils, water, salt, <b>E471</b> , flavourings, <b>E330</b> , <b>E160a</b> , vitamins A,D,E, golden syrup, <b>E415</b> , bicarbonate soda, cinnamon, allspice, clove, pepper, vanilla	Fine dusty crunch, German taste, Cinnamon, Standard gingerbread, Dry	87p W
<b>Barkat</b> ginger cookies	Y	Y	Y	Y	Y	Vegetable oil, salt, <b>E475</b> , <b>E100</b> , <b>E160b</b> , sugar, rice starch, <b>soya</b> flour, water, ginger, invert sugar syrup, ground ginger, <b>E500</b> , <b>E450</b> , almond flavouring (milk, egg, nuts)	Real ginger bits, but need more, Chewy, Soft, Okay, A bit damp	£1.32 P,W
<b>Nairn's</b> stem ginger oat biscuits	N	Y	Y	Y	Y	Wholegrain oats, demerara sugar, palm fruit oil, stem ginger, dietary fibre, potato starch, ground ginger, partially inverted syrup, <b>E503</b> , <b>E500</b> , barley malt syrup, salt (wheat, milk, nuts)	Quite hot & gingery, Nice crunch, Mouth-warming, Lovely, Too dry & thin	56p IR,MM,W
<b>Against the Grain</b> ginger crunches	Y	Y	Y	Y	N	Rice, buckwheat & maize flour, potato starch, palm oil, lemon juice, sugar, stem & ground ginger, <b>E503</b> , molasses (nuts)	Good gingery taste, granular sugary texture, Hint of butterscotch, Too sweet	£1.86 IR,W
<b>Byron Bay Cookies</b> sticky date, ginger & walnut	Y	N	N	N	N	Rice, potato, tapioca, maize, buckwheat flour, water, butterfat, salt, eggs, sugar, molasses, <b>E150*</b> , partially inverted sugar syrup, walnuts, ginger, dates, skimmed milk powder, <b>soya</b> flour, <b>E500</b> , vanilla, cinnamon	Look interesting, Real ginger chunks, but not enough, Too soft and powdery	£1.51 E,IR,W
<b>EnerG</b> ginger cookies	Y	Y	Y	Y	N	Evaporated cane juice, white rice flour, water, potato starch, palm oil, molasses, tapioca flour, <b>E170</b> , <b>E575</b> , <b>E327</b> , cellulose gum, <b>E461</b> , ginger flavouring, <b>E500</b> , <b>E341</b> , vanilla bean extract, corn sugar, <b>E466</b>	Looks like a Hobnob, Granular, A bit chewy, Crunchy	£1.86 IR,P,W
<b>Barkat</b> GMan cookies	Y	Y	Y	Y	Y	<b>Soya</b> flour, rice starch, vegetable oil, water, salt, <b>E475</b> , flavouring, <b>E100</b> , <b>E160b</b> , sugar, <b>E150*</b> , invert sugar syrup, ground ginger, <b>E500</b> (milk, egg, nuts)	Very good gingerbread man texture, Not enough ginger or sweetness for kids	£1.99 P,W
<b>Asda</b> stem ginger biscuits	Y	N	Y	Y	N	Maize & potato starch, vegetable oil, salt, <b>E100</b> , <b>E160b</b> , <b>E475</b> , natural flavouring, sugar, stem ginger, brown rice & millet flakes, <b>coconut</b> , ginger powder, glucose, golden syrup, <b>E464</b> (nuts, seeds)	Looks nice, Melt in the mouth, Needs more ginger, Good sugary crunch	84p SM,W
<b>Lazy Day Foods</b> ginger snaps	Y	Y	Y	Y	N	Rice, potato, tapioca, corn & <b>soya</b> flour, golden syrup, vegetable oil, water, salt, <b>E471</b> , flavourings, <b>E330</b> , <b>E160a</b> , vitamins A,D,E, sugar, ginger, <b>E503</b> , <b>E500</b> (nuts)	Hard sugary crunch, Treacly, More toffee than ginger, I like it!	£1.95 IR,W
<b>Lazy Day Foods</b> chocolate gingers	Y	Y	Y	Y	N	Cocoa solids, mass & butter, sugar, <b>soya</b> lecithin, natural vanilla, rice, potato, tapioca, corn & <b>soya</b> flour, golden syrup, vegetable oils, water, salt, <b>E471</b> , <b>E160a</b> , flavourings, vitamins A,D,E, <b>E330</b> , <b>E503</b> , <b>E500</b> , ginger (nuts)	Strong chocolate half-coat, Tremendous ginger/choc combo, Good quality	£2.12 IR,W
<b>Doves Farm</b> ginger & brazil nut cookies	Y	N	Y	Y	N	Brown rice, maize & potato flour, sugar, palm oil, Brazil nuts, stem ginger, sugar syrup, ground ginger, <b>E500</b>	Lovely bits of ginger, Very good amount of nut, Biscuit a little powdery	£1.06 IR,SM,W
<b>Cottage Cookies</b> ginger crisp	Y	Y	Y	Y	N	Rice, potato, tapioca, maize and buckwheat flour, vegetable fat, water salt, <b>E100</b> , <b>E160b</b> , sugar, golden syrup, <b>E500</b> , ground ginger powder (nuts, sesame)	Nice texture, Subtle ginger flavour, Treacly, Very dense	79p IR,W
<b>Tesco FF</b> stem ginger biscuits	Y	N	Y	Y	N	Maize & modified potato starch, vegetable oil, salt, <b>E475</b> , <b>E100</b> , <b>E160b</b> , flavouring, sugar, ginger, brown rice & millet flakes, <b>coconut</b> , <b>soya</b> flour, ginger powder, glucose, golden syrup (nuts)	Massive ginger chunks, Chewy, Quite nice, Soft & too powdery	65p SM,W
<b>Lifestyle</b> ginger snaps W	Y	Y	Y	N	N	Maize & potato starch, brown sugar, rapeseed & palm oil, water, <b>E435</b> , flavouring, <b>E100</b> , <b>E160b</b> , maize	Ginger comes through well, Hard & crunchy, More-ish, Quite accomplished & <b>soya</b> flour, invert syrup, egg, glucose syrup, ground ginger, <b>E420</b> , <b>E412</b> , <b>E415</b> , <b>E450</b> , <b>E330</b> , <b>E500</b> , salt (nuts)	£1.17

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<b>Chocolate</b>								
<b>Glutafin</b> milk chocolate digestives	Y	Y	N	Y	N	Sugar, cocoa butter & mass, whole & skimmed milk powder, <b>soya</b> lecithin, natural flavouring, maize & modified tapioca starch, vegetable oil, cane sugar, maize, <b>soya</b> & buckwheat flour, <b>soya</b> bran, sugar beet syrup, salt, <b>E503</b> , <b>E500</b> (nuts)	Very passable digestive with oversweet choc, Nice & crunchy, Looks good	N/A PW
<b>Glutafin</b> bourbon	Y	Y	N	Y	N	Maize starch, sugar, vegetable oil, <b>soya</b> & maize flour, cocoa powder, salt, <b>E450</b> , <b>E500</b> , <b>E412</b> , milk powder, <b>soya</b> lecithin (nuts)	Looks genuine, Good tasty bourbon, Unremarkable, Fine	N/A PW
<b>Trufree</b> milk chocolate nobbles	Y	Y	N	Y	N	Sugar, cocoa butter & mass, whole & skimmed milk powder, <b>soya</b> lecithin, natural flavouring, maize starch, palm, coconut flakes, <b>soya</b> flour, cane sugar syrup, maltodextrin, sugar beet fibre, black treacle, salt, <b>E503</b> , <b>E500</b> (nuts)	Nutty & interesting, Very coconutty, Good appearance, OK	£1.33 SM,W
<b>Prewett's</b> chocolate bourbons	Y	Y	N	Y	N	Sugar, maize, <b>soya</b> & rice flour, vegetable fats & oils, water, <b>E471</b> , <b>E330</b> , salt, potato starch, invert sugar syrup, cocoa powder, butter & mass, <b>E500</b> , glucose syrup, flavouring, <b>E153</b> , <b>E172</b> , <b>E260</b> , whole milk powder, <b>soya</b> lecithin (nuts, eggs, seeds)	Weird looking, but tastes excellent, Yum, Chocolatey sandwich, Looks fabulous!	69p IR,SM,W
<b>Prewett's</b> chocolate digestive	Y	Y	N	Y	N	Sugar, cocoa butter & mass, whole milk powder, <b>soya</b> lecithin, flavouring, maize, rice, <b>soya</b> & corn flour, vegetable fats & oils, water, salt, <b>E471</b> , <b>E330</b> , millet invert sugar syrup, <b>E500</b> (nuts, eggs, seeds)	Pretty pattern, Excellent, Inspid choc, Flavoury aftertaste, Digestive texture good	69p IR,SM,W
<b>Kent &amp; Fraser</b> chocolate butter crunch	Y	Y	N	Y	Y	Rice flour, muscovado, butter, cocoa, coffee, vanilla extract, <b>E450</b> , <b>E500</b> , salt	Dusty, dark & mysterious, Tastes bitter, Very dry, Interesting, Strange taste	£1.96 IR
<b>Baker's Delight</b> free time	Y	Y	N	N	Y	Sugar, cocoa butter & mass, whole milk powder, <b>soya</b> lecithin, flavouring, rice, teff & <b>soya</b> flour, potato starch, vegetable oil, egg yolk, <b>E500</b> (nuts)	Kit Kat without gluten, Good attempt, Flavour excellent, Crisp texture	£1.99 IR,SM,W
<b>Asda</b> Belgian milk chocolate twin wafer bars	Y	Y	N	N	Y	Sugar, cocoa butter & mass, whole milk powder, <b>soya</b> lecithin, flavouring, rice, teff & <b>soya</b> flour, potato starch, vegetable oil, egg yolk, salt, <b>E500</b> (nuts, seeds)	Appearance, aroma & texture excellent, Good thick choc over wafer/shortbread	£1.74 SM,W
<b>Asda</b> chocolate flavour biscuits	Y	N	Y	Y	N	Maize & potato starch, vegetable oil, salt, <b>E160b</b> , <b>E100</b> , <b>E475</b> , natural flavouring, sugar, brown rice & millet flakes, <b>coconut</b> , fat reduced cocoa powder, <b>soya</b> lecithins, glucose, golden syrup, <b>E464</b> (nuts, seeds)	Excellent appearance, Not enough choc, Crumbly, Lacks flavour, Dry	84p SM,W
<b>Mrs Crimble's</b> chocolate macaroons	Y	N	Y	N	N	Sugar, <b>coconut</b> , glucose syrup, egg white, dextrose, potato starch, palm, palm kernel, skimmed cocoa powder, <b>E492</b> , <b>soya</b> lecithin, vanillin (nuts, milk)	Yum, Excellent flavour, looks & texture, Moist, sweet and very good	45p IR,MM,W
<b>Potter's</b> premier half chocolate coated biscuit cakes	Y	Y	Y	Y	Y	Sugar, <b>E150*</b> , <b>soya</b> & rice flour, vegetable fat, water, <b>E100</b> , <b>E475</b> , flavouring, <b>E160b</b> , cocoa mass & butter, <b>soya</b> lecithin, salt, <b>E450</b> , <b>E500</b> , vanilla flavouring (nuts)	Appearance & aroma good, Good but slightly odd flavour, Too dry, Good flavour	£1.38 IR,SM,W
<b>Trufree</b> choc dippers	Y	N	Y	Y	N	Potato & modified maize starch, rice & buckwheat flour, yeast, non-hydrogenated vegetable fats & oils, glucose syrup, sugar, salt, <b>E464</b> , <b>E503</b> , <b>E472e</b> , natural flavouring, hazelnuts, cocoa powder, lecithin (nuts)	Fun idea, Good sauce, but tastes odd with slightly salty breadstick, Novel	£2.29 IR,SM,W
<b>Honeybuns</b> triple chocolate tinker cookies	Y	N	N	Y	Y	Sugar, cocoa butter & mass, whole milk powder, rice syrup, <b>soya</b> lecithin, ground almonds, vanilla, butter, ground coffee, <b>E450a</b> , <b>E500</b>	Chewy cookie, Excellent, Improves as it melts in your mouth, Huge size for sharing	£2.80 E,IR,SM,W
<b>Biscuitcase</b> fatty yum yums	Y	Y	Y	N	N	Rice, potato, tapioca, maize, buckwheat flour, <b>E341</b> , <b>E500</b> , <b>E415</b> , sugar, <b>soya</b> & vegetable oils, water, salt, <b>soya</b> protein & lecithins, <b>E471</b> , vitamin E,A,B6,B12,D as D2, natural flavouring, folic acid, <b>E160a</b> , eggs, cocoa powder, butter & mass, butterfat, sunflower oil, <b>soya</b> beans, modified tapioca starch, fructose-glucose syrup, <b>E473</b> , <b>E410</b> , <b>E306</b> , <b>E407</b> (nuts)	Crumbly an not too sweet, Good filling, Lovely flavour, Strange appearance	£2.50 W
<b>Against the Grain</b> chocolate & orange cookies	Y	N	Y	Y	N	Rice, buckwheat & maize flour, potato starch, lemon juice, <b>coconut</b> , palm oil, sugar, cocoa mass, butter & powder, sunflower lecithin, orange oil (nuts)	Good size, A dunker, Pleasant orange tones, Crispy, Excellent	£1.96 IR,W
<b>Orgran</b> mini outback animals chocolate cookies	Y	Y	Y	Y	N	Maize starch, raw sugar, brown rice & pea flour, palm vegetable oil, rice syrup, cocoa powder, psyllium, <b>E500</b> , <b>E170</b> , <b>E471</b> , <b>E412</b> , salt, natural vanilla flavour	Animals look lovely, Good for kids, Not too sweet or chocolatey, Cute shapes	£1.71 IR,MM,W

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<b>Chocolate Chip Biscuits</b>								
<b>Glutafin</b> chocolate chip cookies	Y	N	Y	Y	N	Maize & modified tapioca starch, sugar, vegetable oil, cocoa mass, powder & butter, <b>soya</b> lecithin, natural flavouring, maltodextrin, <b>soya</b> & maize flour, dried <b>coconut</b> , <b>E503</b> , <b>E500</b> , salt (nuts)	Nice crunch, Good chocolate, Fine, Rather nice, Too much coconut, Grey	N/A PW
<b>Byron Bay Cookies</b> triple choc fudge cookies	Y	Y	N	N	N	Rice, potato, tapioca, maize & buckwheat flour, water, butterfat, salt, eggs, whole & skimmed milk powder, cocoa mass, butter & powder, <b>soya</b> lecithin, sugar, molasses, 150*, partially inverted sugar syrup, full cream milk, glucose, palm & butter oil, flavouring, <b>E500</b> , vanilla flavouring, <b>E153</b> (nuts)	Tastes like uncooked chocolate cake, Lovely, Excellent flavour, Powdery texture	£1.51 E,IR,W
<b>Lifestyle</b> orange & choc chip	Y	Y	Y	N	N	Maize starch, sugar, cocoa mass & butter, salt, <b>soya</b> lecithin, rapeseed & palm oil, water, <b>E435</b> , <b>E330</b> , <b>E100</b> , <b>E160b</b> , maize & <b>soya</b> flour, invert syrup, egg, orange flavouring, glucose syrup, <b>E420</b> , <b>E450</b> , potato starch, <b>E500</b> , <b>E412</b> , <b>E415</b> (nuts, seeds)	Nice orange flavour, Delightful crunch, Not enough choc, Too sweet	£1.20 W
<b>Asda</b> chocolate chip cookies	Y	N	Y	Y	N	Vegetable oil, water, salt, cocoa mass, sugar, <b>soya</b> lecithins, flavouring, rice, <b>soya</b> & maize flour, potato & rice starch, <b>coconut</b> , glucose syrup, millet flakes, <b>E503</b> , <b>E500</b> , <b>E415</b> , <b>E464</b> (nuts, seeds)	Lovely choc chips & grainy bits, Toothsome, Coconut flavour, Almost homemade	84p SM,W
<b>Tesco FF</b> chocolate chip cookies	Y	N	Y	Y	N	Vegetable oil, water, salt, cocoa mass, sugar, lecithins, flavouring, rice, maize & <b>soya</b> flour, potato & rice starch, <b>coconut</b> , glucose syrup, millet flakes, <b>E500</b> , <b>E503</b> , <b>E415</b> , <b>E464</b> (nuts)	Chocolatey, Crunchy, Yummy, Malty, Almost homemade, Slightly burnt taste	£1.00 SM,W
<b>Byron Bay Cookies</b> white choc chunk & macadamia nut	Y	N	N	N	N	Rice, potato, tapioca, maize & buckwheat flour, sugar, whole & skimmed milk powder, cocoa butter, egg, <b>soya</b> lecithin, flavouring, butterfat, water, salt, E150*, macadamia nuts, molasses, partially inverted sugar syrup, rice & <b>soya</b> flour, vanilla flavouring, <b>E500</b>	A little damp & dusty but excellent innards, Good sweetness, Nice choc chunks	£1.51 E,IR,W
<b>Against the Grain</b> chocolate chip & hazlenut	Y	N	Y	Y	N	Rice, potato, buckwheat & maize flour, lemon juice, hazlenuts, almonds, palm oil, sugar, cocoa mass & butter, sunflower lecithin (nuts)	Look great, Nice crunch, Nutty taste, A little dry	£1.96 IR,W
<b>Lazy Day Foods</b> choc chip shortbread	Y	Y	Y	Y	N	Rice, potato, tapioca & corn flour, non-hydrogenated margarine, sugar, chocolate chips, <b>soya</b> lecithin (nuts)	Looks like Spotted Dick, Lovely short texture, Too sweet, Rather hard	£1.60 IR,W
<b>Doves Farm</b> double chocolate chip cookies	Y	Y	Y	Y	N	Brown rice, potato & maize flour, sugar, cocoa mass, butter & power, sunflower lecithin, palm oil, invert sugar syrup, rice malt, <b>E500</b> (nuts)	Promising crunch, Good choc chips, A bit dry & burnt tasting	£1.59 IR,SM,W
<b>Waitrose</b> chocolate chip cookies	Y	N	Y	N	N	Cocoa mass, sugar, <b>soya</b> lecithin, vanilla, rice & maize flour, palm oil & stearine, potato & rice starch, corn glucose syrup, millet, <b>E450</b> , <b>E501</b> , water, <b>coconut</b> & rapeseed oil, egg, <b>E415</b> , <b>E464</b> , lemon juice (nuts)	Crunchy, Not bad, but strange aftertaste, Decent chocolate taste	90p SM,W
<b>Lovemore</b> chocolate chip cookies	Y	Y	Y	N	N	Vegetable fats & oils, water, lemon juice, cocoa mass, sugar, <b>soya</b> lecithin, vanilla powder, rice & maize flour, potato starch, coconut, glucose syrup, <b>E450</b> , <b>E501</b> , <b>E341</b> , millet flake, egg, salt, <b>E415</b> , <b>E461</b> (nuts)	Hard, Crunchy, Nice plain chocolate taste, I'd buy these, Among the best	£1.39 IR,SM,W
<b>Trufree</b> chocolate chip cookies	Y	N	Y	Y	N	Maize & modified tapioca starch, sugar, vegetable oil, maize & <b>soya</b> flour, cocoa mass, butter & powder, <b>soya</b> lecithin, natural flavouring, maltodextrin, dried <b>coconut</b> , salt, <b>E503</b> , <b>E500</b> (nuts)	Crunchy, nutty, granular texture, Nice choc bits & malty tones, Simple	£1.14 IR,SM,W
<b>Nairn's</b> dark chocolate chip oat biscuits	N	Y	Y	Y	Y	Wholegrain oats, cocoa mass, butter & powder, sugar, <b>soya</b> lecithin, natural vanilla, palm fruit oil, dietary fibres, partially inverted syrup, potato starch, barley malt syrup, salt, natural flavouring, <b>E503</b> , <b>E500</b> (wheat, milk, nuts)	Interesting interpretation, Good for oat lovers, Good taste, More choc please!	56p IR,MM,W
<b>Morrison's</b> double chocolate & fudge cookies	Y	Y	N	N	N	Rice, potato, tapioca, maize, <b>soya</b> & buckwheat flour, sugar, cocoa mass, butter & powder, <b>soya</b> lecithin, flavouring, butterfat, water, salt, cane molasses, glucose, full cream milk, palm & butter oil, concentrated fruit juice, starch, fibre, rice starch, eggs, skimmed milk powder, natural vanilla, <b>E500</b> , <b>E153</b> (nuts)	Not too bad, Soft cookie, Very thick, Lots of chocolate, A bit powdery	£1.65 SM
<b>Prewett's</b> triple chocolate cookies MM,W	Y	Y	N	Y	N	Sugar, cocoa mass, butter & powder, whole & skim milk, powder, <b>soya</b> lecithin, flavouring, <b>soya</b> , maize	Rich & decadent, Lovely mouthfeel & textures, Not sweet, Chocolate lacks quality & rice flour, whey powder, vegetable fat & oil, potato starch, glycerol monostearate, <b>E170</b> , butter, glucose, salt, invert sugar syrup, flavouring, <b>E503</b> , <b>E500</b> , <b>E415</b> (egg, nuts, seeds)	90p

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<b>Miscellaneous</b>								
<b>Sainsbury's FF</b> banoffee bites	Y	N	N	Y	N	Sweetened condensed milk, golden syrup, palm oil, butter, sugar, E440, natural flavouring, salt, maize & potato starch, glucose, E475, brown rice flakes, millet, coconut, E100, bananas, coconut oil, skimmed milk powder, honey, vanilla flavouring, soya lecithin (nuts)	Pleasantly gooey, Mild banoffee flavour, Excellent appearance, Nice crunch	£1.16 SM,W
<b>Waitrose</b> cranberry & orange cookies	Y	N	Y	Y	N	Sugar, rice & maize flour, dried sweetened cranberries, palm, rapeseed & coconut oil, potato & rice starch, palm stearine, corn glucose syrup, millet, E450, E501, water, egg, E415, E464, natural orange flavouring, lemon juice (nuts)	Crunchy texture, Refreshing flavour, Nice chewy fruit, Excellent	£1.00 SM,W
<b>Against the Grain</b> almond cookies	Y	N	Y	Y	N	Rice, buckwheat & maize flour, potato starch, sugar, palm oil, almonds, natural almond flavouring (nuts)	Lovely & crisp, Slight sandy aftertaste, Dry, Pale & mild flavour, Not unpleasant	£1.96 IR,W
<b>Cottage Cookies</b> cherry & almond	Y	N	Y	Y	N	Rice, potato, tapioca, maize and buckwheat flour, vegetable fat, water, salt, E160b, sugar, glace cherries, almond oil, E100, E500 (nuts)	Butterscotch taste, Good crunch, Look lovely, A little hard, Fatty aftertaste	79p IR,W
<b>Morrison's</b> choc drop cookies	Y	N	N	N	N	Rice, potato, tapioca, maize, soya & buckwheat flour, sugar, whole & skimmed milk powder, cocoa butter, mass & powder, whey powder, soya lecithin, flavouring, butterfat, water, salt, E414, E171, E903, E100, E162, E160a, spinach, E150*, ground macadamia nuts, cane molasses, concentrated fruit juice, starch, fibre, rice starch, eggs, E500, natural vanilla	Looks homemade, Solid but crispy, Jolly cookie, Flavour could be deeper	£1.65 SM
<b>Mrs Crimble's</b> jam coconut rings	Y	N	Y	N	Y	Coconut, sugar, glucose syrup, water, strawberries, elderberries, E440, E330, E331, E202, eggs, dextrose, potato starch, rice flour, palm oil, E420, raspberry flavouring, E160a (milk)	Pretty colours & appearance, Soft & sweet, Raspberry jam could be better, Fine	65p IR,MM,W
<b>Morrison's</b> white chocolate, strawberry & clotted cream cookies	Y	Y	N	N	N	Rice, potato, tapioca, maize, soya & buckwheat flour sugar, whole & skimmed milk powder, cocoa butter, soya lecithin, flavouring, butterfat, water, salt, strawberries, apple juice concentrate, E440, dextrose, cane molasses, clotted cream, concentrated fruit juice, starch, fibre, rice starch, eggs, E500, natural strawberry flavouring (nuts)	Gigantic cookie, Smells lovely, Flavour combo a bit odd, Looks amazing, Too sweet	£1.65 SM
<b>Eska!</b> chocolate wafers	Y	Y	N	Y	Y	Sugar, cocoa butter, mass & powder, full cream milk, soya lecithin, salt, water, vegetable oil & fats, potato flour, vanilla extract, E500, E503 (peanuts, treenuts, sesame)	Looks perfect, Would appeal to kids, Fairly pleasant chocolate wafer, could be crispier	£1.30 IR,WV
<b>Trubitz</b> cardamom buttons	Y	Y	Y	N	N	Rice, potato, tapioca & maize flour, sugar, vegetable oils, water, salt, E471, E330, E160a, vitamins A,D,E, E415, freshly ground cardamom, egg	Chewy soft texture, Delicate aroma, Maybe with a glass of Madeira, Spicy	£2.00 W
<b>Trubitz</b> raisins cookies	Y	Y	Y	N	N	Rice, potato, tapioca & maize, sarrasin, sugar, vegetable oils, water, salt, E471, E330, E160a, E415, E500, E450, vitamins A,D,E, egg, salt, vanilla, raisins	Cakey texture, Mega soft cookie, All round excellent classic cookie	60p W
<b>Biscuitcase</b> perk me up	Y	N	Y	Y	N	Rice, potato, tapioca, maize, buckwheat flour, E341, E500, E415, cornflour, icing sugar, coffee, walnuts, soya & vegetable oils, water, salt, soya protein, vitamin E,A,B6,B12,D as D2, natural flavouring, E471, folic acid, E160a (nuts)	Distinct coffee & walnut biscuit, Lovely flavour, Moreish, Nice cookie texture	£2.14 W
<b>Doves Farm</b> lemon zest cookies	Y	Y	Y	Y	N	Brown rice, potato & maize flour, sugar, palm oil, corn syrup, whole lemon peel, lemon juice & oil, E500 (nuts)	Very crunchy & lemony, Oily & scented, Good flavour, Quite hard	£1.06 IR,SM,WV
<b>Nairn's</b> mixed berries oat biscuits	Y	Y	Y	Y	Y	Wholegrain oats, demerara sugar, palm fruit oil, dietary fibre, partially inverted syrup, cranberries, potato starch, barley malt syrup, raspberries, apple & raspberry juice concentrate, E440, E503, E500, sea salt, natural flavouring (wheat, nuts, milk)	Soft, gentle, subtle taste, Lovely crispy oatcake, Tastes healthy, Not too sweet	56p IR,MM,W
<b>Orgran</b> amaretti biscotti	Y	N	Y	Y	N	Maize starch, water, raw sugar, palm vegetable oil, rice & pea flour, coconut, E220, brown rice syrup, E471, natural amaretto flavour, E500, salt	Nice amaretti flavour, Good & hard, Crunchy, Not bad at all	£1.30 IR,SM,W
<b>Glutafin</b> custard creams	Y	Y	N	Y	N	Maize starch, sugar, vegetable oil, soya & rice flour, salt, E500, E339, E412, whey protein & powder, milk powder, soya lecithin, natural vanilla flavouring (nuts)	Excellent replica, Good bite, Not too sweet, Perfectly OK, Very good taste	N/A P,W
<b>Trufree</b> custard creams	Y	Y	N	Y	N	Maize starch, sugar, palm oil, rice & soya flour, salt E450, E500, E412, whey protein concentrate, whole milk powder, sweet whey powder, soya lecithin, natural vanilla flavouring (nuts)	Decent bite, Very good indeed, Powdery, A bit too sweet	£1.03 IR,SM,W

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<b>Prewett's</b> jammy wheels	Y	Y	Y	Y	N	Maize, <b>soya</b> & rice flour, vegetable fats & oils, water, salt, <b>E471</b> , <b>E330</b> , sugar, cornflour, invert sugar syrup, <b>E500</b> , flavouring, fructose, dextrose, glycerine, <b>E331</b> , raspberry puree concentrate, <b>E440</b> , <b>E339</b> , <b>E435</b> , <b>E122</b> (nuts, seeds, eggs, milk)	Crunchy & tasty, Kids will LOVE them, Perfect jam, Lovely biscuit, Mealy & nice	75p MM,W
<b>Amisa</b> spelt fruit hearts	N***	Y	Y	Y	Y	Whole spelt flour, sultanas, palm fat, sea salt, <b>E503</b> , <b>E500</b> , coriander, cinnamon, orange oil (nuts)	Looks homemade & healthy, Good texture, Pretty hearts, Strong flavour	£1.59 IR,SM,W
<b>Orgran</b> dinosaur whole fruit cookies	Y	Y	Y	Y	N	Currants, maize starch, dextrose from maize, brown rice & pea flour, palm oil, rice syrup, psyllium, <b>E412</b> , natural berry flavour, <b>E500</b> , <b>E170</b> , salt, <b>E471</b> , beetroot	Soft, Not too sweet, Good for kids, Chewy, Perfect size, Good flavour	£1.57 IR,SM,W
<b>Eskal</b> lemon wafers	Y	Y	Y	Y	Y	Sugar, vegetable oil & fats, potato flour, <b>E330</b> , <b>soya</b> lecithin, salt, lemon oil, <b>E500</b> , <b>E503</b> (peanuts, treenuts, sesame, milk)	Lemony wafer, Strong flavour & aroma, Good crunch, Lemon too strong	76p IR,W
<b>Tesco FF</b> Belgian chocolate break	Y	Y	N	N	Y	Vegetable fat, sugar, rice, teff & <b>soya</b> flour, potato starch, cocoa butter, mass & powder, <b>soya</b> lecithin, coconut oil, egg yolk, salt, <b>E500</b> , dried whole milk, natural flavouring (nuts)	Good quality biscuit, Lots of choc, OK, Crunchy wafer, Too much choc	£1.61 SM,W
<b>Honeybuns</b> scrumdiddleumptious	Y	N	Y	N	Y	Sugar, ground almonds, egg whites, stem ginger, glucose syrup, <b>E220</b> , lemon zest & oil, ground ginger, icing sugar (pips, stones, pecans, hazlenuts, nuts, nutshells)	Very tasty, but lemon overpowers the almond, Soft centred, Almond paste	£2.00 E,IR,SM,W
<b>Honeybuns</b> almond & lightly salted pistachio	Y	N	Y	Y	Y	Ground & chopped almonds, honey, pistachio, olive oil, almond extract, <b>E450</b> , <b>E500</b> , sea salt (pips, stones, pecans, hazlenuts, nuts, nutshells)	Full of nuts, Very rich, Like a nougat biscuit, A little greasy, Nicely salted, Chewy	£2.80 E,IR,SM,W
<b>Honeybuns</b> honeyed apple cookies	Y	N	N	Y	N	Ground & chopped almonds, apple juice, sugar, water, glucose-fructose syrup, honey, dried apple, raisins, butter, Bramley apples, cider vinegar, Calvados, <b>E330</b> , cloves, cornflour (pips, stones, pecans, hazlenuts, nuts, nutshells)	Sticky and squishy texture, Very delicious taste, Nice mild apple flavour	£2.80 E,IR,SM,W
<b>Honeybuns</b> Amondi	Y	N	Y	N	Y	Ground almonds & hazlenuts, sugar, egg white, orange zest, whole almond, orange oil, organic icing sugar (pips, stones, pecans, nuts, nutshells)	Good almond biscuit, Very good consistency, Lovely flavour, OK	£2.00 E,IR,SM,W
<b>Prewett's</b> sultana & apple cookies	Y	Y	Y	Y	N	Sugar, vegetable fat & oil, sultanas, maize, rice & <b>soya</b> flour, dehydrated apple, <b>E223</b> , potato starch, apple juice concentrate, invert sugar syrup, glycerol monostearate, <b>E170</b> , <b>soya</b> lecithin, <b>E500</b> , <b>E503</b> , <b>E415</b> (eggs, milk, nuts, seeds)	Good biscuit consistency, Sugary, Crunchy but not hard, Chewy, Good cookie	89p MM,W