

# BROGHIES

Only 20 calories each  
Low in sodium

No sugar

No frying

Made fresh in store

Stays fresh for 4 weeks

Incredibly versatile

Try some today!!

[www.broghies.com](http://www.broghies.com)



*The poppabilities are endless...*



# Recipe Ideas

## *One of our favourites:*

Take a Broghie, top with natural yogurt, add some fresh fruit of your choice. Then drizzle with some chocolate sauce. Kids Love this one!

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Broghies are great with Hummus. Try a combination of Cream Cheese with some Red Pepper Jelly/ Sweet Chili Sauce or Mango Chutney or Lemon Curd. Very Tasty!

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Try a Broghie with a Fried or Scrambled Egg top with some crispy Bacon.

## ***Broghies Are A Big Hit With Kids***

- Great with Peanut Butter
- Nutella/ Chocolate Spread
- Yogurt and Fruit
- Spreadable Cheese
- Try A Broghie Topped with Baked Beans
- Healthy Snack Alternative on Their Own
- Great with Dips

## ***Broghies Make Great Canapes***

- Delicious Topped With Prawn Avocado and Marie Rose Sauce
- Try With Smoked Salmon and Crème Fraiche
- Great with Crabmeat and all types of Patè
- Tasty Accompaniment with Curries and Chilli
- Or Just Break 'em' and Dip 'em'

Broghies taste great on their own. They are all natural, and contain no fat, no preservatives and no sugars. With less than 20 calories per Broghie, they are a really healthy snack alternative.