



Our mayos are chock-full of omega-3 - an essential fatty acid that your body can only get through a diet.

Here's why these are ingredients for better living:



# Poppin' Pops

## Ingredients:

### For the chicken marinade:

- + 1 cup bran flakes, finely crushed
- + B-well Canola Cooking Spray
- + 250 grams chicken mince
- + 2 spring onions, finely chopped
- + ½ large carrot, peeled and grated
- + ½ large green apple, grated
- + 1 tablespoon parsley, chopped
- + 1 tablespoon tomato chutney
- + 1 tablespoon B-well Original Tangy Mayonnaise
- + Freshly ground black pepper to taste

### For the dip:

- + 2 tablespoons B-well Thick & Creamy Mayonnaise
- + 2 tablespoons chutney

## Instructions:

1. Spread half the crushed bran flakes on a large plate.
2. Grease a large baking dish using cooking spray.
3. In a large bowl, mix chicken, the remaining crushed bran, spring onions, grated carrot, grated apple, parsley, pepper and mayonnaise.
4. Shape the mixture into golf-ball sized balls, roll them in bran flake crumbs, and place on the greased baking tray.
5. Bake at 180°C for 25-30 minutes or until lightly browned.
6. For the dip, combine the chutney and mayonnaise.

Kids, these pops **ROCK**. They are a nutritious blend of protein packed chicken, **nutrient-rich** grated carrots and apples, and **fibre-filled** bran flakes. This gives you a delicious snack that **fuels your growth** with essential nutrients, while the **yummy mayo** adds a creamy texture with healthier fat that keeps you energised and focused all day long.

