



Black Cat
Peanut Butter
Crunchy or Smooth
800 g

59⁹⁹
each



Melrose
Cheese Wedges Assorted
200 g

34⁹⁹
each



Melrose
Cheese Spread
Assorted
250g

32⁹⁹
each



Bovril
Spread
250 g

41⁹⁹
each



Jacobs Kronung
Coffee Bottle or Refill pack
200 g / 230 g

99⁹⁹
each



Joko
Tagless Teabags
100's

36⁹⁹
each



Jacobs
Cappuccino Sticks
10s

BUY
2
FOR
100⁰⁰



Nestle
Cremora
750 g

42⁹⁹
each



SPAR
Corn Flakes
1kg

45⁹⁹
each



Kellogg's
All Bran Flakes
750 g

53⁹⁹
each



Kellogg's
Granola
Assorted
700 g

48⁹⁹
each



Nestle
Milo Tin
500 g

54⁹⁹
each



Snowflake
Pre-Mix
Assorted
500 g / 600 g

39⁹⁹
each



Trumps
Cocoa Powder
250 g

49⁹⁹
each



29⁹⁹
each

Snowflake
Easy Mix
1 kg



SPAR

PRODUCTS

**LIFE IS WHAT YOU
BAKE IT!**

Bake up a storm this winter with SPAR
Baking Powder and Bicarbonate of Soda.



**Chocolate
MUD PIE**

PREP TIME 30 MINS COOK TIME 25-30 MINS SERVES 6-8

1 packet SPAR Tennis biscuits, crushed
125g melted butter

INGREDIENTS FOR FILLING:

125g softened butter
250ml sugar
2 SPAR eggs, beaten
60ml cocoa powder
60ml SPAR cake flour
¼ tsp vanilla essence

METHOD:

Preheat oven to 180 °C. Combine the biscuits and butter and press into a greased pie dish. Cream together butter and sugar for the filling. Add the rest of the ingredients and mix well. Pour into pie dish and bake for 25-30 minutes. Serve hot with ice cream.

SUPERSPAR