Chestnuts are not a nut!

Chestnuts are actually a **fruit**! They are in a **different** botanical category to tree nuts and peanuts. As such, chestnut allergy is considered **rare**.*

Chestnuts are a great source of fibre and a good source of antioxidants, including vitamin C.

*Source: allergyuk.org

Chestnuts have a soft texture and sweet flavour that add creaminess to our new, vegan squash and seeds roast.