

Nutrition Facts

Serving Size 1 bar (34g)

Amount Per Serving

Calories 140

Calories from Fat 35

% Daily Value*

Total Fat 4g 6%

Saturated Fat 1g 4%

Trans Fat 0g

Polyunsaturated Fat 1.5g

Monounsaturated Fat 1.5g

Cholesterol 0mg 0%

Sodium 70mg 3%

Total Carbohydrates 22g 7%

Dietary Fiber 2g 10%

Soluble Fiber 1g

Sugars 9g

Protein 3g

Vitamin A 0% • Vitamin C 0%

Calcium 42% • Iron 4% • Vitamin E 0%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

INGREDIENTS: Certified Gluten Free Oats, Brown Rice Syrup, Evaporated Cane Juice, Chocolate Chip Sugar, Chocolate Liquor, Cocoa Butter, Soy Lecithin, Vanilla Extract, Crisp Rice (Brown Rice), Expeller Pressed Canola Oil, Almonds, Flax Seed, Quinoa, Chia Seed, Amaranth, Sea Salt, Natural Flavors.

CONTAINS: tree nuts, soy

WARNING: May Contain Nut Shell Fragments. Made in a facility that processes Tree Nuts and Peanuts