

Nutrition Facts

Serving Size 1 bar (34g)

Amount Per Serving

Calories 130

Calories from Fat 25

% Daily Value*

Total Fat 3g 5%

Saturated Fat 0g 0%

Trans Fat 0g

Polyunsaturated Fat 1.5g

Monounsaturated Fat 1g

Cholesterol 0mg 0%

Sodium 70mg 3%

Total Carbohydrates 23g 8%

Dietary Fiber 2g 10%

Soluble Fiber 1g

Sugars 9g

Protein 3g

Vitamin A 0% • Vitamin C 0%
Calcium 2% • 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, Crisp Rice(Brown Rice), Dried Apple, Expeller Pressed Canola Oil, Flax Seed, Quinoa, Chia Seed, Amaranth, Natural Flavors, Sea Salt, Cinnamon

WARNING: May contain nut shell fragments. Made in a facility that processes Tree Nuts and Peanuts.