

Oatmeal Gold



OATMEAL & HONEY
Sweetened with honey

BANANA CAROB

Nutrition Facts

Per 1 bar (100 g)
Serving size 1 bar

Calories per serving **340**

Amount Per Serving	% Daily Value*
Fat 11g	17%
Saturated 3g	
Trans 0g	16%
Polyunsaturated	2.5g
Omega-6	2g
Omega-3	1g
Monounsaturated	5g

* 5% or less is a little, 15% or more is a lot

The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Amount Per Serving	% Daily Value*
Carbohydrate 42g	16%
Fibre 8g	32%
Sugars 15g	
Protein 20g	
Cholesterol 20mg	
Sodium 75mg	3%
Potassium 27mg	1%
Calcium 60mg	6%
Iron 2.7mg	15%

20g
PROTEIN

GLUTEN FREE

8g
FIBER

PER BAR (100 G)

INGREDIENTS: CERTIFIED GLUTE-FREE WHOLE GRAIN OATS, LIQUID EGG WHITES, CONDENSED MILK, UNPASTEURIZED HONEY, CAROB (SUGAR, PALM KERNEL OIL, CAROB POWDER, SOYA LECITHIN, SORBITAN TRISTEARATE), CANOLA OIL, WHEY ISOLATE, FIBER, BANANA NATURAL.

CONTAINS: EGG, MILK, SOYA. **MAY CONTAIN:** PEANUTS, TREE NUTS.

Made with all naturals and GMO Free ingredients

6 DELICIOUS FLAVORS:
Banana Carob, Butterscotch, Carob, Peanut Butter, Natural and Date.

