

Oatmeal Gold



OATMEAL & HONEY
Sweetened with honey

BANANA CAROB

Nutrition Facts

Per 1 bar (60 g)
Serving size 1 bar

Calories per serving **210**

Amount Per Serving	% Daily Value*
Fat 7g	10%
Saturated 2g	
Trans 0g	10%
Polyunsaturated	1.5g
Omega-6	1.2g
Omega-3	0.6g
Monounsaturated	3g

* 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 25g	18%
Fibre 5g	12%
Sugars 12g	
Protein 12g	
Cholesterol 10mg	
Sodium 30mg	1.5%
Potassium 100mg	2%
Calcium 60mg	4%
Iron 1.5mg	8%

12g
PROTEIN

GLUTEN FREE

5g
FIBER

PER BAR (60 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 natural and GMO Free ingredients

5 DELICIOUS FLAVORS:
Banana Carob, Butterscotch, Raspberry, Strawberry and Maple.



Made in Canada

