



Bar Nutrition and Ingredient Information

Nutrition Facts	Serving size (g)	Calories	Calories from fat	Total fat (g)	Saturated Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)
Blueberry Oat Bar	47	180	70	8	3.5	0	15	45	26	2	13	3
Butterscotch Chocolate Chip Brownie	41	200	100	11	6	0	35	135	25	0	16	2
Chocolate Chunk Brownie	38	160	80	9	5	0	35	70	21	1	16	1
Cran Raspberry Oat Bar	47	190	70	8	3.5	0	15	40	27	2	14	3
Cream Cheese Brownie	38	170	80	9	6	0	45	80	21	1	15	2
Lemon Dessert Bar	41	170	80	8	4	0	0	95	23	0	13	2
Peanut Butter Brownie	38	180	100	11	4.5	0	35	80	21	1	14	3
Triple Berry Oat Bar	47	170	70	8	2.5	0	5	85	25	2	12	2

Ingredients

<p>Blueberry Oat Bar</p> <p><i>Allergens</i></p>	<p>Blueberry Filling (Water, Blueberries, Sugar, Modified Corn Starch, Citric Acid, Sodium Benzoate And Potassium Sorbate [Preservatives], Salt), Brown Sugar, Enriched Unbleached Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Rolled Oats, Butter (Milk), Stone Ground Whole Wheat Flour, Canola Oil, Organic Flax Seeds, Coconut, Whole Eggs, Salt, Cinnamon.</p> <p>Contains Egg, Milk, Wheat.</p> <p>May Contain Peanut, Soy, Tree Nuts.</p>
<p>Butterscotch Chocolate Chip Brownie</p> <p><i>Allergens</i></p>	<p>Enriched Unbleached Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Brown Sugar, Butter (Milk), Chocolate Chips (Sugar, Chocolate Liquor, Cocoa Butter, Soy Lecithin), Butterscotch Chips (Sugar, Palm Kernel Oil, Whey Powder, Powdered Whey Protein Concentrate [Milk], Soy Lecithin, Sorbitan Tristearate, Artificial Colors, Artificial Butterscotch Flavor, Natural Vanilla Flavor), Whole Eggs, Walnuts, Coconut (Desiccated Coconut [Contains Sulfites], Sugar, Water, Propylene Glycol [Preserves Freshness] And Salt), Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate), Vanilla Extract (Water, Ethyl Alcohol, Vanilla Beans Extractives), Freshness Improver (Wheat Flour, Enzymes, Soybean Oil), Salt.</p> <p>Contains Egg, Milk, Wheat.</p> <p>May Contain Peanut, Soy, Tree Nuts.</p>
<p>Chocolate Chunk Brownie</p> <p><i>Allergens</i></p>	<p>Sugar, Whole Eggs, Butter (Milk), Chocolate Liquor, Enriched Bleached Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Chocolate Slices (Sugar, Chocolate Liquor, Cocoa Butter, Soy Lecithin), Wafers Coating (Sugar, Palm Kernel Oil, Cocoa Processed With Alkali, Lactose, Hydrogenated Palm Oil, Soy Lecithin And Sorbitan Tristearate [Emulsifiers], Natural Vanilla), Vanilla Extract (Water, Ethyl Alcohol, Vanilla Beans Extractives), Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate), Salt.</p> <p>Contains Egg, Milk, Wheat.</p> <p>May Contain Peanut, Soy, Tree Nuts.</p>

Cran Raspberry Oat Bar	Raspberry Filling (Water, Raspberries, Sugar, Modified Food Starch, Citric Acid, Sodium Benzoate And Potassium Sorbate [Preservatives], Color Added [Vegetable Juice, Citric Acid, Sodium Benzoate], Salt, Caramel Color), Brown Sugar, Enriched Unbleached Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Rolled Oats, Dried Cranberries (Cranberries, Sugar, Sunflower Oil), Butter (Milk), Whole Wheat Flour, Canola
<i>Allergens</i>	Contains Egg, Milk, Wheat. May Contain Peanut, Soy, Tree Nuts.
Cream Cheese Brownie	Sugar, Whole Eggs, Butter (Milk), Chocolate Liquor, Enriched Bleached Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Cream Cheese (Pasteurized Milk And Cream, Cheese Culture, Salt, Stabilizers [Carob Bean And/Or Xanthan And/Or Guar Gum]), Chocolate Slices (Sugar, Chocolate Liquor, Cocoa Butter, Soy Lecithin), Vanilla Extract (Water, Ethyl Alcohol, Vanilla Beans Extractives), Cornstarch, Lemon Juice,
<i>Allergens</i>	Contains Egg, Milk, Wheat. May Contain Peanut, Soy, Tree Nuts.
Lemon Dessert Bar	Lemon Filling (Corn Syrup, Sugar, Water, Sweetened Condensed Milk [Milk, Skim Milk, Sugar], Hydrogenated Palm Kernel Oil, Modified Food Starch, Lemon Juice Concentrate, Citric Acid, Natural Flavor, Mono and Diglycerides, Beta Carotene [Color] and Sodium Metabisulfite), Enriched Unbleached Flour (Wheat Flour, Ascorbic Acid [Conditioner], Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Margarine (Palm Oil, Water, Soybean Oil, Salt, Whey [From Milk], Mono Diglycerides, Soy Lecithin, Natural Flavor, Beta Carotene [Color], Vitamin A Palmitate Added), Palm Oil, Powdered Sugar (Sugar, Cornstarch), Sugar, Coating Sugar (Dextrose, Corn Starch, Vegetable Shortening [Soybean Oil, Vegetable Mono And Diglycerides, Tocopherols {Vitamin E} And Vitamin C Palmitate As Antioxidants], Titanium Dioxide [Color], Artificial Flavor), Sea Salt, Lemon Flavedo (Lemon Peel, Sugar, Lemon Oil), Oil Of Lemon And Alpha Tocopherol (Vitamin E [To Preserve Freshness]).
<i>Allergens</i>	Contains Egg, Milk, Wheat. May Contain Peanut, Soy, Tree Nuts.
Peanut Butter Brownie	Sugar, Whole Eggs, Peanut Butter (Peanuts, Salt), Butter (Milk), Chocolate Liquor, Enriched Bleached Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Powdered Sugar (Sugar, Cornstarch), Chocolate Slices (Sugar, Chocolate Liquor, Cocoa Butter, Soy Lecithin), Canola Oil, Vanilla Extract (Water, Ethyl Alcohol, Vanilla Beans Extractives), Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate), Salt.
<i>Allergens</i>	Contains Egg, Milk, Wheat. May Contain Peanut, Soy, Tree Nuts.

Triple Berry Oat Bar Sugar, Whole Eggs, Peanut Butter (Peanuts, Salt), Butter (Milk), Chocolate Liquor, Enriched Bleached Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Powdered Sugar (Sugar, Cornstarch), Chocolate Slices (Sugar, Chocolate Liquor, Cocoa Butter, Soy Lecithin), Canola Oil, Vanilla Extract (Water, Ethyl Alcohol, Vanilla Beans Extractives), Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate,

Allergens

Contains Egg,
Milk, Wheat.

May Contain
Peanut, Soy,
Tree Nuts.