

Chewy Oat Bar Coconut Brownie	
30% gluten free whole grain oats , tapioca fibre, chicory root fibre, brown rice (brown rice, emulsifier (lecithin)), sunflower seed butter, sunflower oil, humectant (glycerol), 3.0% pumpkin seeds, 3.0% sunflower seeds, 2.0% cocoa powder, water, 1.0% coconut, flavouring, plant-based gelling agent (agar).	
Per 100 gram	
KJ	1623
KCAL	390
Fat	17
Of which saturates	2.4
Carbohydrates	36
Of which sugars	3.0
Fibre	28
Protein	9.3
Salt	0.05
Per 30 gram bar	
KJ	487
KCAL	117
Fat	5.0
Of which saturates	0.7
Carbohydrates	11
Of which sugars	0.9
Fibre	8.4
Protein	2.8
Salt	0.02