

**A DELICIOUS OAT
BAR
STUFFED WITH OUR**



Certified

PEANUT BUTTER STUFFED APPLE & CINNAMON FLAPJACK BAR. INGREDIENTS: Wholegrain **Oats** (31%), **Peanut Butter** (22%) (Argentinian **Peanuts**, Sea Salt), Date Syrup, Rice Syrup, Argentinian **Peanuts** (8%), Dried Apple (5%), Rapeseed Oil, Shea Oil, Coconut Oil, **Peanut** Flour, Cinnamon (0.5%). **NUTRITIONAL INFORMATION:** Per 100g/Per 48g bar. Energy (kJ) 1951/937, Energy (kcal) 466/224, Fat 25g/12.0g, of which Saturates 6.0g/2.9g, Carbohydrate 44g/21.1g, of which Sugars 20g/9.6g, Fibre 6.7g/3.2g, Protein 13g/6.2g, Salt 0.13g/0.06g. **ALLERGY ADVICE:** For allergens, including cereals containing gluten, see ingredients in **bold**. Not suitable for tree nut allergy sufferers. **STORAGE:** Packaged in a protective atmosphere. Store in a cool, dry place. **SAY HELLO:** Pip & Nut Ltd, The Nest, 2.08, The Tea Building, 56 Shoreditch High St, London E1 6JJ. Inniscarra, Main St, Rathcoole, Dublin, D24 E029. thekernel@pipandnut.com

MADE BY
Pip

BEST BEFORE

**EXPERTLY
CRAFTED
IN THE UK**

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