

Raspberry & White Chocolate Superfood Fibre Bar	A Raspberry and White Chocolate superfood bar that helps support gut health and is hand made in the UK. Each bar is naturally high in fibre, a source of protein and gluten free with no preservatives or additives. Raspberry and White Chocolate is vegetarian friendly and non-GMO.	Omega Mix (Organic Hemp Seeds, Organic Sunflower Seeds, Pumpkin Seeds, Linseeds) 22.4%, Organic Quinoa Flakes (17.5%), Date Syrup, Chicory Root Syrup, Organic Coconut Oil, Gluten Free Jumbo Oats, Gluten Free Oat Flour, White Chocolate Nibs (7.6%), Cashew Butter, Freeze Dried Raspberries (1.5%), Natural Flavouring (0.2%).		Per 100g	Per 50g Serving
			Energy kJ:	1879.6	939.8
			Energy kcal:	450.3	225.2
			Fat (g):	25.1	12.6
			of which saturates (g):	11.6	5.8
			Carbohydrate (g):	40.7	20.4
			of which sugars (g):	16.2	8.1
			Fibre (g):	14.14	7.08
			Protein (g):	11.2	5.6
			Salt (g):	0.09	0.04