

**A DELICIOUS OAT
BAR
STUFFED WITH OIL**



Certified

PEANUT BUTTER STUFFED FRUIT & SEED FLAPJACK BAR. INGREDIENTS: Wholegrain **Oats** (29%), **Peanut** Butter (22%) (Argentinian **Peanuts**, Sea Salt), Date Syrup, Rice Syrup, Argentinian **Peanuts** (7%), Currants (5%), Pumpkin Seeds (2.5%), Rapeseed Oil, Shea Oil, Coconut Oil, **Peanut** Flour. **NUTRITIONAL INFORMATION:** Per 100g/Per 48g bar. Energy (kJ) 1946/934, Energy (kcal) 465/223, Fat 25g/12.0g, of which Saturates 6.0g/2.9g, Carbohydrate 43g/20.6g, of which Sugars 21g/10.1g, Fibre 6.0g/2.9g, Protein 14g/6.7g, Salt 0.11g/0.05g. **ALLERGY ADVICE:** For allergens, including cereals containing gluten, see ingredients in **bold**. Not suitable for tree nut allergy sufferers. May contain small pieces of stalks or pips. **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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