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|---|---|---|-------------------------|-----------------|------------------------|
| <b>Salted Caramel Superfood Fibre Bar</b> | A Dark Chocolate and Salted Caramel 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. Dark Chocolate and Salted Caramel is vegan friendly, nut free 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, Dark Chocolate, Sea Salt, Natural Flavouring (0.2%). |                         | <b>Per 100g</b> | <b>Per 50g Serving</b> |
|   |   |   | Energy kJ:              | 1840.9          | 920.4                  |
|   |   |   | Energy kcal:            | 441.1           | 220.5                  |
|   |   |   | Fat (g):                | 24.4            | 12.2                   |
|   |   |   | of which saturates (g): | 12              | 6                      |
|   |   |   | Carbohydrate (g):       | 39.2            | 19.6                   |
|   |   |   | of which sugars (g):    | 14.9            | 7.5                    |
|   |   |   | Fibre (g):              | 15.21           | 7.6                    |
|   |   |   | Protein (g):            | 11.1            | 5.6                    |
|   |   |   | Salt (g):               | 0.47            | 0.23                   |