

WHOLE GRAIN BAR WITH CINNAMON & RAISINS 45 g  
HIGH FIBRE

INGREDIENTS: Whole Grain Fibre Blend (36%) (Whole Rolled **Oats**, Wholemeal **Wheat** Flour, **Wheat** Bran, **Kamut**, Psyllium Husk, Ground Flax Seeds, Millet Grain), Chicory Root Fibre, Grape Juice, Rice Dextrin, Raisins (10%), Rapeseed Oil, Plums, Apples, **Wheat** Protein Isolate, Vanilla Flavouring, Cinnamon (1%), Raising Agents (Diphosphates, Sodium Carbonates)

ALLERGY ADVICE: For allergens including cereals containing gluten see ingredients in **bold**. May also contain peanuts, nuts, milk and soya.

NUTRITION INFORMATION Typical values per 100 g: Energy 1751 kJ/417 kcals, Fat 6.7 g (of which saturates 0 g), Carbohydrate 69 g (of which sugars 22 g), Fibre 27 g, Protein 6.7 g, Salt 0.11 g.

Store in a cool dry place.

Best before: see back of pack

Y & C Wholesale, 27-28 Riverwalk Road, Enfield, EN3 7QN