

## BLUEBERRY MUFFIN BAR

Our Blueberry Muffin bar tastes like blueberry muffin, but is made with fruits and nuts. It has 100% natural ingredients and contains no added sugars. All of the ingredients in our raw bars are then cold pressed without using heat – THAT’S IT. Oh and did we mention it is 1 of your 5 a day?

As if that wasn’t enough, this blueberry snack bar is bursting with scrumptious flavours whilst being vegan friendly and gluten-free so that everyone can get a taste!

## MY INGREDIENTS

Dates† 58%, **Cashews** 15%, Raisins 15%, **Almonds** 10%, Blueberries 2%, A hint of Natural Flavouring, †Dates not from Britain

## THAT'S IT!

Allergy Information: For allergens see ingredients in bold. May also contain traces of soya, other nuts and the odd shell or pit piece.

## NUTRITIONAL INFO

Typical values	Per 100g	Per 35g
Energy	1558KJ 371Kcal	545KJ 130Kcal
Fat	13.0g 2.0g	4.6g 0.7g
<small>of which saturates</small>		
Carbohydrate	54.6g 52.0g	19.0g 18.2g
<small>of which sugars*</small>		
Fibre	4.1g	1.4g
Protein	7.1g	2.5g
Salt	0.02g	0.01g