

	Calories	Total Fat (g)	Sat Fat (g)	Tras Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)
Biscotti Bites	450	21	8	0	90	240	54
Cinnamon Bun Bar	600	14	8	0	0	320	100
Harvest Nut Bar	480	18	3	0	0	450	66
Peanut Butter Granola Bar	640	24	8	0	0	380	92
Double Chocolate Muffin	540	18	6	0	45	630	93
Blueberry Muffin	450	9	2	0	60	750	81

Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)
12	30	27	18
20	28	24	28
6	24	15	21
12	28	24	24
30	30	24	21
18	24	18	21

Biscotti Bites: **SUGAR, ALMONDS, SALTED BUTTER (CREAM, SALT), WHOLE WHEAT FLOUR, RESISTANT MALTODEXTRIN, EGGS, WHEY PROTEIN CONCENTRATE, PISTACHIO NUTS, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VITAL WHEAT GLUTEN, BAKING POWDER (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, CORN STARCH, MONOCALCIUM PHOSPHATE), NATURAL FLAVOR, SOY LECITHIN. CONTAINS EGG, MILK, SOY, TREE NUTS (ALMONDS, PISTACHIOS) AND WHEAT.**

Cinnamon Bun Bar: **rolled oats, soy protein nuggets (soy protein isolate, rice flour, salt), chicory root fiber, white chocolate flavored coating (sugar, fractionated palm kernel oil, nonfat milk, whole milk, whey, soy lecithin, vanilla powder [lactose]), organic brown rice syrup, corn syrup, maltitol syrup, soy nuggets (isolated soy protein, rice starch), high oleic sunflower oil, glycerin, cinnamon, soy lecithin, natural flavor. contains milk and soy. manufactured in a facility that also processes egg, peanuts, tree nuts and wheat. made in canada.**

Harvest Nut Bar: **soy protein nuggets (soy protein isolate, rice flour, salt), peanuts, organic brown rice syrup, maltitol syrup, corn syrup, sugar, almonds, raisins (raisins, high oleic sunflower oil), rolled oats, peanut butter (peanuts), chicory root fiber, soy nuggets (isolated soy protein, rice starch), glycerin, peanut oil, cranberry (cranberries, sugar, sunflower oil), sunflower seeds, barley flakes, gum arabic, sea salt, natural flavor, mixed tocopherols (antioxidant), soy lecithin. contains peanuts, soy, tree nuts (almonds) and wheat. manufactured in a facility that also processes egg, milk and other tree nuts. made in canada.**

Peanut Butter Granola Bar: **CORN SYRUP, PEANUT COATING (SUGAR, PALM KERNEL OIL, PARTIALLY DEFATTED PEANUT FLOUR, NONFAT DRY MILK SOLIDS, PEANUT OIL, SALT, SOY LECITHIN), ROLLED OATS, PEANUTS, SOY PROTEIN**

**NUGGETS (SOY PROTEIN ISOLATE, RICE FLOUR, SALT), POLYDEXTROSE, GLYCERIN, PEANUT FLOUR, SOY PROTEIN ISOLATE (ISOLATED SOY PROTEIN, SOY LECITHIN), PEANUT BUTTER (PEANUTS), PEANUT OIL, SUGAR, SEA SALT, NATURAL FLAVOR, MIXED TOCOPHEROLS (ANTIOXIDANT), SUNFLOWER OIL. CONTAINS MILK, PEANUTS AND SOY. MANUFACTURED IN A FACILITY THAT ALSO PROCESSES EGG, TREE NUTS AND WHEAT. MADE IN CANADA.**

Double Chocolate Muffin: **WATER, SUGAR, SEMI-SWEET CHOCOLATE FLAVORED CHIPS (SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, SOY LECITHIN, NATURAL FLAVOR), WHEAT PROTEIN ISOLATE, INULIN, RESISTANT MALTODEXTRIN, GLYCERIN, SOYBEAN OIL, WHOLE WHEAT FLOUR, ENRICHED BLEACHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), COCOA PROCESSED WITH ALKALI, MALTITOL, CONTAINS LESS THAN 2% OF: NONFAT MILK, EGGS, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA, CORN STARCH, MONOCALCIUM PHOSPHATE), NATURAL BUTTER FLAVOR, FOOD STARCH-MODIFIED, NATURAL FLAVORS, EMULSIFIER BLEND (PROPYLENE GLYCOL MONO-AND DIESTERS OF FATS AND FATTY ACIDS, MONO-AND DIGLYCERIDES, SOY LECITHIN), POTASSIUM SORBATE (FOR FRESHNESS), SALT, CORN FIBER, SODIUM CARBOXYMETHYLCELLULOSE, MONK FRUIT EXTRACT, STEVIA LEAF EXTRACT (REB A). CONTAINS EGG, MILK, SOY AND WHEAT.**

Blueberry Muffin: **WATER, WHEAT PROTEIN ISOLATE, SUGAR, INULIN, WHOLE WHEAT FLOUR, GLYCERINE, ENRICHED BLEACHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WILD BLUEBERRIES, SOYBEAN OIL, MALTITOL, CONTAINS LESS THAN 2% OF BAKING POWDER (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, CORN STARCH, MONOCALCIUM PHOSPHATE), CORN FIBER (CORN FIBER, SUNFLOWER LECITHIN [DRYING AGENT], DL-A-TOCOPHEROL ACETATE [ANTIOXIDANT]), DEXTROSE, EGGS, EMULSIFIER (PROPYLENE GLYCOL MONO-AND DIESTERS OF FATS AND FATTY ACIDS, MONO-AND DIGLYCERIDES, SOY LECITHIN), FOOD STARCH-MODIFIED, NATURAL BLUEBERRY FLAVOR WITH OTHER NATURAL FLAVORS (PROPYLENE GLYCOL, WATER AND NATURAL FLAVOR), NATURAL BUTTER EMULSION FLAVOR WITH OTHER NATURAL FLAVOR (WATER, XANTHAN GUM, PROPYLENE GLYCOL, LESS THAN 0.1% SODIUM BENZOATE [ADDED TO PROTECT FLAVOR], MIXED TOCOPHEROLS [FOR FRESHNESS]), NATURAL VANILLA FLAVOR (WATER, CORN SYRUP, ETHYL ALCOHOL), NONFAT DRY MILK, POTASSIUM SORBATE [FOR FRESHNESS], STEVIA LEAF EXTRACT (REB A), SALT, SODIUM CARBOXYMETHYLCELLULOSE. CONTAINS EGG, MILK, SOY AND WHEAT.**