

# Banana Walnut

## Ingredients

Gnu High Fiber Blend™ (whole rolled oats, organic whole wheat flour, wheat bran, organic KAMUT® brand khorasan wheat, psyllium, flax, millet), chicory root inulin, fruit juices, rice dextrins, apples, non-GMO canola oil, walnuts, rice, plums, banana, wheat protein isolate, natural flavors, aluminum-free baking powder

Contains tree nuts, wheat and psyllium. Produced on equipment that processes peanuts and tree nuts. May contain an occasional walnut shell fragment.

Nutrition Facts		
Serving Size: 1 bar (45g)		
Amount Per Serving		
Calories 140	Calories from Fat 35	
% Daily Value**		
Total Fat 4g		6%
Saturated Fat 0g		0%
Trans Fat 0g		0%
Cholesterol 0mg		0%
Sodium 40mg		2%
Total Carbohydrate 30g		10%
Dietary Fiber 12g		48%
Soluble Fiber 9g		
Insoluble Fiber 3g		
Sugars 8g		
Other Carbohydrate 10g		
Protein 4g		
Vitamin A (0%)	Vitamin (0%)	
Calcium (6%)	Iron (10%)	
**Percent Daily Values (DV) are based on a 2,000 calorie diet.		

# Chocolate Brownie

## Ingredients

Gnu High Fiber Blend™ (whole rolled oats, organic whole wheat flour, wheat bran, organic KAMUT® brand khorasan wheat, psyllium, flax, millet), chicory root inulin, fruit juices, rice dextrins, organic chocolate chips (cane sugar, chocolate liquor, cocoa butter, lecithin, vanilla), plums, non-GMO canola oil, vegetable glycerin, cocoa powder, wheat protein isolate, rice, natural flavors, vanilla, aluminum-free baking powder, salt

Contains wheat and psyllium. Produced on equipment that processes peanuts and tree nuts.

Nutrition Facts		
Serving Size: 1 bar (45g)		
Amount Per Serving		
Calories 140	Calories from Fat 35	
% Daily Value**		
Total Fat 4g		6%
Saturated Fat 1g		4%
Trans Fat 0g		0%
Cholesterol 0mg		0%
Sodium 30mg		1%
Total Carbohydrate 30g		10%
Dietary Fiber 12g		48%
Soluble Fiber 8g		
Insoluble Fiber 4g		
Sugars 9g		
Other Carbohydrate 9g		
Protein 4g		
Vitamin A (0%)	Vitamin (0%)	
Calcium (6%)	Iron (15%)	
**Percent Daily Values (DV) are based on a 2,000 calorie diet.		

# Blueberry Cobbler

## Ingredients

Gnu High Fiber Blend™ (whole rolled oats, organic whole wheat flour, wheat bran, organic KAMUT® brand khorasan wheat, psyllium, flax, millet), chicory root inulin, fruit juices, rice dextrins, plums, blueberries, non-GMO canola oil, raisins, vegetable glycerin, wheat protein isolate, blueberry juice concentrate, natural flavors, aluminum-free baking powder, lemon juice concentrate

Contains wheat and psyllium. Produced on equipment that processes peanuts and tree nuts.

Nutrition Facts		
Serving Size: 1 bar (45g)		
Amount Per Serving		
Calories 130	Calories from Fat 30	
% Daily Value**		
Total Fat 3g		5%
Saturated Fat 0g		0%
Trans Fat 0g		0%
Cholesterol 0mg		0%
Sodium 45mg		2%
Total Carbohydrate 32g		11%
Dietary Fiber 12g		48%
Soluble Fiber 8g		
Insoluble Fiber 4g		
Sugars 10g		
Other Carbohydrate 10g		
Protein 3g		
Vitamin A (0%)	Vitamin (0%)	
Calcium (6%)	Iron (8%)	
**Percent Daily Values (DV) are based on a 2,000 calorie diet.		

# Cinnamon Raisin

## Ingredients

Gnu High Fiber Blend™ (whole rolled oats, organic whole wheat flour, wheat bran, organic KAMUT® brand Khorasan wheat, psyllium, flax, millet), chicory root inulin, fruit juices, rice dextrins, raisins, non-GMO canola oil, apples, plums, rice, wheat protein isolate, vanilla, cinnamon, baking powder.

Contains wheat and psyllium. Produced on equipment that processes peanuts and tree nuts.

Nutrition Facts		
Serving Size: 1 bar (45g)		
Amount Per Serving		
Calories 130	Calories from Fat 30	
% Daily Value**		
Total Fat 3g		5%
Saturated Fat 0g		0%
Trans Fat 0g		0%
Cholesterol 0mg		0%
Sodium 30mg		1%
Total Carbohydrate 32g		11%
Dietary Fiber 12g		48%
Soluble Fiber 8g		
Insoluble Fiber 4g		
Sugars 11g		
Other Carbohydrate 9g		
Protein 3g		
Vitamin A (0%)	Vitamin (0%)	
Calcium (6%)	Iron (10%)	
**Percent Daily Values (DV) are based on a 2,000 calorie diet.		

# Peanut Chocolate Chip

## Ingredients

Gnu High Fiber Blend™ (whole rolled oats, organic whole wheat flour, wheat bran, organic KAMUT® brand khorasan wheat, psyllium, flax, millet), chicory root inulin, fruit juices, rice dextrins, peanut butter, organic chocolate chips (cane sugar, chocolate liquor, cocoa butter, lecithin, vanilla), plums, non-GMO canola oil, vegetable glycerin, peanuts, natural flavors, wheat protein isolate, salt, aluminum-free baking powder

Contains peanuts, wheat and psyllium.  
Produced on equipment that processes peanuts and tree nuts.

Nutrition Facts	
Serving Size: 1 bar (45g)	
Amount Per Serving	
Calories 160	Calories from Fat 50
% Daily Value**	
Total Fat 6g	10%
Saturated Fat 1g	5%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 115mg	5%
Total Carbohydrate 29g	10%
Dietary Fiber 12g	48%
Soluble Fiber 8g	
Insoluble Fiber 4g	
Sugars 8g	
Other Carbohydrate 9g	
Protein 4g	
Vitamin A (0%)	Vitamin (0%)
Calcium (6%)	Iron (8%)
**Percent Daily Values (DV) are based on a 2,000 calorie diet.	