



THE NOURISH BAR

NUTRIENT DENSE & 'PACKS A PUNCH'



Ingredients

Rolled Oats, Dates, Sultanas,
Pepitas, Sunflower Seeds, Chia
Seeds, Coconut, Wholemeal Flour,
Yoghurt, Vanilla, Cinnamon,
Butter, Sugar

Nutritional Info

Nutrition information	Values /100g	Values /portion
Calories	1,360 kJ 325 kcal	530 kJ 127 kcal
Total fat	14.7 g	5.7 g
- saturated fat	7.2 g	2.8 g
Carbohydrates	38.9 g	15.2 g
- sugar	16.2 g	6.3 g
Fiber	10.0 g	3.9 g
Protein	6.9 g	2.7 g
Salt	0 g	0.0 g

Allergens: Gluten

Alternatives: Gluten Free Apple Slice

FUN FACT: *What's the real meaning of 'Nourish'? It's to eat food needed for life and growth. Little ones need lots of grain foods, and vegetables the most. Then balance those out with meats/eggs/seeds/beans, dairy and fruit to nourish them for life.*

The Scoop

A filling and nutrient dense slice that is
a big hit with the kids.

The oats, seeds and dried fruit ensure
this slice is packed full of protein,
energy, nutrients and fibre to fill the
busy little ones up!

We've managed to combine all this
goodness into a slice that's so delicious,
the kids won't even realise what they're
eating is good for them!

