

## 1777473 - EnergyOatSnack Bar Banana Bread

## Sales description

Energy bar for athletes, with oat flakes and dried banana

## Ingredients

Oat flakes (39%), invert sugar, dried bananas (19%), plant-based margarine (palm oil, rapeseed oil, water, emulsifier: mono- and diglycerides of fatty acids), **wheat** wholemeal flour (5%), **peanuts** (2%), natural flavourings, colouring agent: caramel colouring

## Contains peanuts, wheat, gluten.

Can contain traces from other types of grains with gluten, eggs, milk and nuts.

Nutritional information	per 100 g		per serving or portion	
Energy	kJ	kcal	kJ	kcal
	1687	403	1181	282
Fat [g]	1	5	10	
of which saturates [g]	4.5		3.2	
Carbohydrates [g]	5	9	33	
of which sugars [g]	31		21	
Fibre [g]	5.4		3.8	
Protein [g]	6.3		4.4	
Salt [g]	0.	14	0.10	

Store in a cool, dry place.

Vegetarian. Suitable for vegans.



# 1777482 - EnergyOatSnack Bar Banana Chocolate

### Sales description

Energy bar for athletes, with oat flakes and chocolate banana flavour

### **Ingredients**

**Oat flakes** (45%), invert sugar, plant-based margarine (palm oil, rapeseed oil, water, emulsifier: mono- and diglycerides of fatty acids), cocoa-containing glaze (9%) (sugar, palm oil, reduced fat cocoa powder, emulsifier: lecithin (**soy**), polyglycerol polyricinoleate), sugar glaze with banana flavouring (7%) (sugar, plant-based oil (palm), water, dextrose, fructose, natural flavouring, salt, emulsifier: Sucrose esters of fatty acids, acidity regulator: glucono-delta-lactone, preservative: potassium sorbate, colouring agents: lutein), colouring agent: caramel colouring, natural flavours.

## Contains gluten and soy.

Can contain traces from other types of grains with gluten, eggs, soy, milk, peanuts and other edible nuts.

<b>Nutritional information</b>	per 100 g		per serving or portion	
Energy	kJ	kcal	kJ	kcal
	1822	435	1184	283
Fat [g]	2	0	13	3
of which saturates [g]	8.1		5.3	
Carbohydrates [g]	5	6	37	
of which sugars [g]	3	1	20	
Fibre [g]	4.2		2.7	
Protein [g]	5.7		3.7	
Salt [g]	0.	19	0.12	

Store in a cool, dry place.

Vegetarian, suitable for vegans.

This information serves for a better understanding. The information and values provided on the packaging are decisive.



# 1777491 - EnergyOatSnack Bar Brazil-Nut

## Sales description

Energy bar for athletes, with oat flakes and Brazil nuts

## Ingredients

**Oat flakes** (46%), invert sugar, plant-based margarine (palm oil, rapeseed oil, water, emulsifier: mono- and diglycerides of fatty acids), cocoa-containing glaze (9%) (sugar, palm oil, reduced fat cocoa powder, emulsifier: lecithin (**soy**), polyglycerol polyricinoleate, **Brazil nuts(4%)**.

Contains Brazil nuts, gluten and soy.

Can contain traces from other types of grains with gluten, eggs, soy, milk, peanuts and other edible nuts.

<b>Nutritional information</b>	per 100 g		per serving or portion	
Energy	kJ	kcal	kJ	kcal
	1866	466	1213	303
Fat [g]	2	2	14	
of which saturates [g]	8	.4	5.5	
Carbohydrates [g]	5	3	34	
of which sugars [g]	2	6	17	
Fibre [g]	4.5		2.9	
Protein [g]	6.5		4.2	
Salt [g]	0.	16	0.1	

Store in a cool, dry place.

Vegetarian, suitable for vegans.



## 1777507 - EnergyOatSnack Bar Yoghurt

## Sales description

Energy bar for athletes, with oat flakes and yoghurt flavour

## Ingredients

Oat flakes (48%), invert sugar, plant-based margarine (palm oil, rapeseed oil, water, emulsifier: mono- and diglycerides of fatty acids), coating with yoghurt flavouring (9%) (sugar, palm oil, sweet whey powder (milk), wheat flour, skimmed milk yoghurt powder, emulsifier: lecithin (soy).

## Contains gluten, milk, soy and wheat.

Can contain traces from other types of grains with gluten, eggs, soy, milk, peanuts and other edible nuts.

<b>Nutritional information</b>	per 100 g		per serving or portion	
Energy	kJ	kcal	kJ	kcal
	1817	434	1181	282
Fat [g]	2	0	13	
of which saturates [g]	7.7		5.0	
Carbohydrates [g]	5	6	36	
of which sugars [g]	28		18	
Fibre [g]	4.5		2.9	
Protein [g]	6.3		4.1	
Salt [g]	0.	19	0.12	

Store in a cool, dry place. Vegetarian.



# 1777516 - EnergyOatSnack Bar Yoghurt-Strawberry

## Sales description

Energy bar for athletes, with oat flakes and strawberry yoghurt flavour

### Ingredients

**Oat flakes** (43%), invert sugar, plant-based margarine (palm oil, rapeseed oil, water, emulsifier: mono- and diglycerides of fatty acids), coating with yogurt flavouring (9%) (sugar, palm oil, **sweet whey powder** (**milk**), **wheat flour**, **skimmed milk yogurt powder**, emulsifier: lecithin (**soy**), strawberry jam (9%) (sugar, glucose syrup, strawberry puree, gelling agent: pectin, natural flavouring, acidity regulator: citric acid and trisodium citrate, colouring agent: anthocyanins), natural flavouring, freeze-dried strawberries (0.3%).

## Contains gluten, milk, soy and wheat.

Can contain traces from other types of grains with gluten, eggs, soy, milk, peanuts and other edible nuts.

Nutritional information	per 100 g		per serving or portion	
Energy	kJ	kcal	kJ	kcal
	1762	421	1145	274
Fat [g]	1	8	12	
of which saturates [g]	7.1		4.6	
Carbohydrates [g]	5	7	37	
of which sugars [g]	3	0	20	
Fibre [g]	4.1		2.7	
Protein [g]	5.7		3.7	
Salt [g]	0.	18	0.12	

Store in a cool, dry place. Vegetarian.



## 1777525 - EnergyOatSnack Bar Yoghurt-Lemon

## Sales description

Energy bar for athletes, with oat flakes and lemon yoghurt flavour

### Ingredients

**Oat flakes** (48%), invert sugar, plant-based margarine (palm oil, rapeseed oil, water, emulsifier: mono- and diglycerides of fatty acids), coating with yoghurt flavouring (9%) (sugar, palm oil, **sweet whey powder** (**milk**), **wheat flour**, **skimmed milk yoghurt powder**, emulsifier: lecithin (**soy**)), lemon oil (0.4%).

## Contains gluten, soy, wheat and milk.

Can contain traces from other types of grains with gluten, eggs, soy, milk, peanuts and other edible nuts.

<b>Nutritional information</b>	per 100 g		per serving or portion	
Energy	kJ	kcal	kJ	kcal
	1824	436	1186	283
Fat [g]	2	0	13	
of which saturates [g]	7.8		5.1	
Carbohydrates [g]	5	6	36	
of which sugars [g]	2	8	18	
Fibre [g]	4.5		2.9	
Protein [g]	6.3		4.1	
Salt [g]	0.	19	0.12	

Store in a cool, dry place. Vegetarian.



# 1777534 - EnergyOatSnack Bar Cherry-Coconut

## Sales description

Energy bar for athletes, with oat flakes and cherry coconut flavour

#### **Ingredients**

**Oat flakes** (49%), invert sugar, plant-based margarine (palm oil, rapeseed oil, water, emulsifier: mono- and diglycerides of fatty acids), candied cherries (7%)(cherries, glucose-fructose syrup, sugar, acidity regulator: citric acid, colouring: anthocyanins, preservative: potassium sorbate), dried coconut shavings (1%), natural flavourings

## Contains gluten.

Can contain traces from other types of grains with gluten, eggs, soy, milk, peanuts and other edible nuts.

<b>Nutritional information</b>	per 100 g		per serving or portion	
Energy	kJ	kcal	kJ	kcal
	1741	416	1132	270
Fat [g]	1	8	11	-
of which saturates [g]	6.0		3.9	
Carbohydrates [g]	5	6	37	
of which sugars [g]	27		17	
Fibre [g]	4.9		3.2	
Protein [g]	6.0		3.9	
Salt [g]	0.	17	0.11	

Store in a cool, dry place.

Vegetarian, suitable for vegans.



# 1777543 - EnergyOatSnack Bar Latte Macchiato

### Sales description

Energy bar for athletes, with oat flakes and latte macchiato flavour

### **Ingredients**

**Oat flakes** (48%), invert sugar, plant-based margarine (palm oil, rapeseed oil, water, emulsifier: mono- and diglycerides of fatty acids), glaze (9%) (sugar, palm oil, sweet whey powder (**milk**), **wheat flour**, emulsifier: lecithin (**soy**), natural flavouring), low-fat cocoa powder (0.7%) (cocoa powder, acidity regulator: potassium carbonate), natural flavours

## Contains gluten, milk, soy and wheat.

Can contain traces from other types of grains with gluten, eggs, soy, milk, peanuts and other edible nuts.

<b>Nutritional information</b>	per 100 g		per serving or portion	
Energy	kJ	kcal	kJ	kcal
	1810	432	1177	281
Fat [g]	2	0	13	
of which saturates [g]	7.7		5.0	
Carbohydrates [g]	5	6	36	
of which sugars [g]	27		18	
Fibre [g]	4.7		3.1	
Protein [g]	6.3		4.1	
Salt [g]	0.	18	0.12	

Store in a cool, dry place. Vegetarian.



# 1777552 - EnergyOatSnack Bar Chocolate

## Sales description

Energy bar for athletes, with oat flakes and chocolate flavour

### Ingredients

**Oat flakes** (48%), invert sugar, plant-based margarine (palm oil, rapeseed oil, water, emulsifier: mono- and diglycerides of fatty acids), cocoa-containing glaze (9 %) (sugar, palm oil, reduced fat cocoa powder, emulsifier: lecithin (**soy**) and polyglycerol polyricinoleate)

Can contain traces from other types of grains with gluten, eggs, soy, milk, peanuts and other edible nuts.

<b>Nutritional information</b>	per 100 g		per serving or portion	
Energy	kJ	kcal	kJ	kcal
	1820	435	1183	283
Fat [g]	2	0	13	
of which saturates [g]	8.0		5.2	
Carbohydrates [g]	5	5	36	
of which sugars [g]	27		18	
Fibre [g]	4.5		2.9	
Protein [g]	6.2		4.0	
Salt [g]	0.	17	0.11	

Store in a cool, dry place. Vegetarian, suitable for vegans.



# 1777561 - EnergyOatSnack Bar Chocolate / Orange

## Sales description

Energy bar for athletes, with oat flakes and chocolate orange flavour

### Ingredients

**Oat flakes** (48%), invert sugar, plant-based margarine (palm oil, rapeseed oil, water, emulsifier: mono- and diglycerides of fatty acids), cocoa-containing glaze (9%) (sugar, palm oil, reduced fat cocoa powder, emulsifier: lecithin (**soy**) & polyglycerol polyricinoleate), fruit products with orange flavouring (1%) (apple puree concentrate, orange juice concentrate, humectant: glycerin, fructose-glucose syrup, glucose syrup, **wheat fibres**, sugar, palm oil, rice starch, gelling agent: pectin, acidity regulator: citric acid, natural orange flavouring, antioxidant: ascorbic acid, colouring: curcumin), orange oil (0.4%).

### Contains soy, wheat and gluten.

Can contain traces from other types of grains with gluten, eggs, soy, milk, peanuts and other edible nuts.

<b>Nutritional information</b>	per 100 g		per serving or portion	
Energy	kJ	kcal	kJ	kcal
	1823	436	1185	283
Fat [g]	2	0	13	5
of which saturates [g]	3	3	5.2	
Carbohydrates [g]	5	5	36	
of which sugars [g]	2	7	18	
Fibre [g]	4.6		3.0	
Protein [g]	6.1		4.0	
Salt [g]	0.	17	0.11	

Store in a cool, dry place.

Vegetarian, suitable for vegans.



## 2287739 - EnergyOatSnack Bar Peanut Caramel

## Sales description

Energy bar for athletes, with oat flakes, caramel and peanuts

### Ingredients

**Oat flakes**(33%), invert sugar, caramel (16%) (sweetened condensed milk (**milk**, sugar), glucose syrup, sugar, plant-based oil (palm oil, rapeseed oil, palm kernel oil), colouring agent: caramel colouring, water, emulsifier: mono- and diglycerides of fatty acids, salt, natural flavourings), **peanuts** (13%), plant-based margarine (palm oil, rapeseed oil, water, emulsifier: mono- and diglycerides of fatty acids), cocoa-containing glaze (9%) (sugar, palm oil, sweet whey powder (**milk**), **wheat flour**, reduced fat cocoa powder, emulsifier: lecithin (**soy**), polyglycerol polyricinoleate, natural flavouring)

### Contains wheat, gluten, soy, peanuts and milk.

Can contain traces from other types of grains with gluten, eggs and nuts.

Nutritional information	per 100 g		per serving or portion 65g	
Energy	kJ	kcal	kJ	kcal
	1889	451	1228	293
Fat [g]	2	3	15	
of which saturates [g]	8	.6	5.6	
Carbohydrates [g]	5	1	33	
of which sugars [g]	2	9	19	
Fibre [g]	4.6		3.0	
Protein [g]	8.2		5.3	
Salt [g]	0.	17	0.11	

Store in a cool, dry place. Vegetarian



# 2318311 - EnergyOatSnack Bar Apple Strudel

### Sales description

Energy bar for athletes, with oat flakes and apple cinnamon flavour

### **Ingredients**

Oat flakes (47%), invert sugar, plant-based margarine (palm oil, rapeseed oil, water, emulsifier: mono- and diglycerides of fatty acids), glaze (9%) (sugar, palm oil, sweet whey powder (milk), wheat flour, emulsifier: lecithin (soy), natural flavouring), fruit products with apple flavouring (2%) (apple purree concentrate, lemon juice concentrate, fructose-glucose syrup, glucose syrup, cane sugar, sugar wheat fibres, palm butter, rice starch, acidity regulator: citric acid, gelling agent: pectin), ground cinnamon (0.6%), natural flavourings.

Contains gluten, milk, soy and wheat.

Can contain traces from other types of grains with gluten, eggs, soy, milk, peanuts and other edible nuts.

Nutritional information	per 100 g		per serving or portion 65g	
Energy	kJ	kcal	kJ	kcal
	1807	431	1175	280
Fat [g]	1	9	12	
of which saturates [g]	7.6		4.9	
Carbohydrates [g]	5	7	37	
of which sugars [g]	28		18	
Fibre [g]	4.9		3.2	
Protein [g]	6.0		3.9	
Salt [g]	0.	18	0.12	

Store in a cool, dry place. Vegetarian



# 2318312 - EnergyOatSnack Bar Vanilla Flavour

### Sales description

Energy bar for athletes, with oat flakes and vanilla flavour

### **Ingredients**

Oat flakes (48%), invert sugar, plant-based margarine (palm oil, rapeseed oil, water, emulsifier: mono- and diglycerides of fatty acids), glaze (9%) (sugar, palm oil, sweet whey powder (milk), wheat flour, emulsifier: lecithin (soy), natural flavouring), natural flavouring

Contains gluten, milk, soy and wheat.

Can contain traces from other types of grains with gluten, eggs, soy, milk, peanuts and other edible nuts.

<b>Nutritional information</b>	per 100 g		per serving or portion 65g	
Energy	kJ	kcal	kJ	kcal
	1818	434	1182	282
Fat [g]	20		13	
of which saturates [g]	7.7		5.0	
Carbohydrates [g]	56		36	
of which sugars [g]	27		18	
Fibre [g]	4.5		2.9	
Protein [g]	6.2		4.0	
Salt [g]	0.18		0.12	

Store in a cool, dry place. Vegetarian



# 2343543 - EnergyOatSnack Bar Peanut Butter

## Sales description

Energy bar for athletes, with oat flakes and peanut butter

### **Ingredients**

**Oat flakes** (42%), invert sugar, glaze (14%) (sugar, palm oil, sweet why powder (**milk**), **wheat** flour, reduced fat cocoa powder, emulsifier: lecithin (**soy**), natural flavouring, colouring agent beta carotene), vegetable margarine (palm oil, rapeseed oil, water, salt, emulsifier: mono- and diglycerides of fatty acids), **peanut butter** (7%)

## Contains gluten, milk, soy and wheat.

Can contain traces from other types of grains with gluten, eggs, milk and edible nuts.

Nutritional information	per 100 g		per serving or portion 65g	
Energy	kJ	kcal	kJ	kcal
	1882	448	1223	291
Fat [g]	22		13	
of which saturates [g]	9.1		5.9	
Carbohydrates [g]	53		34	
of which sugars [g]	28		18	
Fibre [g]	4.4		2.9	
Protein [g]	7.4		4.8	
Salt [g]	0.19		0.12	

Store in a cool, dry place. Vegetarian.



## 2178341 - EnergyOatSnack Bar Currant

## Sales description

Energy bar with oat flakes and currant flavour

### **Ingredients**

**Oat flakes** (48%), invert sugar, plant-based margarine (palm oil, rapeseed oil, water, emulsifier: mono- and diglycerides of fatty acids), black currant filling (9%) (glucose syrup, sugar, black currant puree, gelling agent: pectin, colouring agent: anthocyanins, acidity regulators: citric acid and trisodium citrate), freeze-dried blackcurrants (0.8%), natural flavouring.

## Contains gluten.

Can contain traces from other types of grains with gluten, eggs, milk, peanuts and edible nuts.

Nutritional information	per 100 g		per serving or portion 65g	
Energy	kJ	kcal	kJ	kcal
	1711	408	1112	265
Fat [g]	17		11	
of which saturates [g]	5.3		3.4	
Carbohydrates [g]	56		37	
of which sugars [g]	27		18	
Fibre [g]	5.0		3.3	
Protein [g]	5.9		3.8	
Salt [g]	0.17		0.11	

Store in a cool, dry place.

Vegetarian, suitable for vegans.



## 2178350 - EnergyOatSnack Bar Caramel and Coconut Cream

### Sales description

Energy bar for athletes with oat flakes and caramel coconut flavour

### **Ingredients**

Oat flakes (33%), invert sugar, plant-based margarine (palm oil, rapeseed oil, water, emulsifier: mono- and diglycerides of fatty acids), glaze (9%) (sugar, palm oil, sweet whey powder (milk), wheat flour, emulsifier: lecithin (Soja), natural flavouring), caramel (7%) (sweetened condensed milk (milk, sugar), glucose syrup, plant-based oil (palm oil, rapeseed oil, palm kernel oil), vegetable oil blend (palm kernel oil, palm stearin), colouring agent: caramel colouring, water, emulsifier: mono- and diglycerides of fatty acids, salt, natural flavouring), dried coconut flakes (2%), Brazil nuts (0.7%), hazelnuts (0.7%), natural flavouring.

## Contains gluten, soy, milk, nuts and wheat.

Can contain traces from other types of grains with gluten, eggs, soy, milk, peanuts and edible nuts.

<b>Nutritional information</b>	per 100 g		per serving or portion 65g	
Energy	kJ	kcal	kJ	kcal
	1858	444	1208	289
Fat [g]	22		14	
of which saturates [g]	9.2		6.0	
Carbohydrates [g]	55		36	
of which sugars [g]	28		18	
Fibre [g]	4.5		2.9	
Protein [g]	6.1		4.0	
Salt [g]	0.18		0.12	

Store in a cool, dry place.

Vegetarian