

2276917 Mulebar Bar Apricot Walnut

Sales description

Muesli bar with apricots and walnuts

Ingredients

Apricots 32%, rice syrup, **oatmeal** 16%, **walnuts** 7%, puffed rice (rice flour, sugar, **barley extract**, sunflower oil, sunflower lecithin) 7%, **oat** 4%, **soy flour**, water, puffed amaranth 1%, sunflower oil

Contains: nuts, soy and gluten.

Produced in a factory where sesame seeds, milk, nuts and soy are processed, too. Due to natural ingredients, this bar may contain tiny pieces of shells.

Nutritional information	per 100 g		per serving or 40 g portion	
	kJ	kcal	kJ	kcal
Energy		338		135
Fat [g]	6		2	
of which saturates [g]	0,7		0,3	
Carbohydrates [g]	62		25	
of which sugars [g]	29		11	
Fibre [g]	5		2	
Protein [g]	6		2	
Salt [g]	0,06		0,03	

2276918 Mulebar Bar Mango Cashew

Sales description

Muesli bar with mango and cashew nuts

Ingredients

Rice syrup¹, dried mango¹ 28%, oat¹ 10%, cashew nuts¹ 9%, puffed rice 9%, (rice flour¹, cane sugar¹, sunflower oil¹, barley malt flour¹) 9%, oat flakes 6%, water*, soy flour¹, puffed amaranth¹ 2%, sunflower oil¹.

¹certified organic product. *not organic.

Contains: nuts, soy and gluten.

Nutritional information	per 100 g		per serving or 40 g portion	
	kJ	kcal	kJ	kcal
Energy		353		141
Fat [g]	8		3	
of which saturates [g]	2		1	
Carbohydrates [g]	62		25	
of which sugars [g]	36		14	
Fibre [g]	4		2	
Protein [g]	6		3	
Salt [g]	0,06		0,03	

2276919 Mulebar Bar Apple Raisin Cinnamon

Sales description

Muesli bar with apples, raisins and cinnamon

Ingredients

Rice syrup, **oat flakes**, dried apple (10%), pea protein powder, **apricot kernel**, raisins (7%) (raisins, sunflower oil), apple juice concentrate (6%), rice crisps (rice flour, cane sugar, sunflower oil, **barley malt flour**), dried cranberries (cranberries, apple juice concentrate (1%), sunflower oil), cinnamon (0.4%).

Contains: nuts, gluten.

Nutritional information	per 100 g		per serving or 40 g portion	
	kJ	kcal	kJ	kcal
Energy		362		144,8
Fat [g]	7		2,8	
of which saturates [g]	0,9		0,36	
Carbohydrates [g]	66		26,4	
of which sugars [g]	43		17,2	
Fibre [g]	5		2	
Protein [g]	8		3,2	
Salt [g]	0,15		0,06	

2276920 Mulebar Bar Pineapple Coconut

Sales description

Muesli bar with pineapple, coconut and goji berries

Ingredients

Rice syrup, dried pineapple 33%, roasted coconut 8%, **oat** 6%, rice crisps 5%, (rice flour, cane sugar, sunflower oil, **barley malt flour**), **oatmeal** 4%, pea protein, **soy flour**, goji berries 2%, puffed quinoa 1%.

Contains: nuts, soy and gluten.

Nutritional information	per 100 g		per serving or 40 g portion	
	kJ	kcal	kJ	kcal
Energy		356		142
Fat [g]	7		3	
of which saturates [g]	5		2	
Carbohydrates [g]	64		26	
of which sugars [g]	39		16	
Fibre [g]	5		2	
Protein [g]	7		3	
Salt [g]	0,16		0,06	

2276921 Mulebar Bar Chocolate Orange

Sales description

Muesli bar with chocolate and orange.

Ingredients

Rice syrup, raisins (raisins, sunflower oil), **oat flakes** 13%, orange zest 12% (orange zest, glucose/fructose syrup, sugar, rice flour, acidity regulator: citric acid), rice crisps 9% (rice flour, **barley malt flour**, cane sugar, sunflower oil), pea protein, bittersweet chocolate (4%) (sugar, cocoa mass, cocoa butter, vanilla powder), **oat**, cocoa powder 3%, **soy flour**.

Contains: soy and gluten.

Nutritional information	per 100 g		per serving or 40 g portion	
	kJ	kcal	kJ	kcal
Energy		355		142
Fat [g]	5		2	
of which saturates [g]	1,7		0,7	
Carbohydrates [g]	67		27	
of which sugars [g]	38		15	
Fibre [g]	5,3		2,1	
Protein [g]	8		3	
Salt [g]	0,19		0,08	

2276922 Mulebar Bar Coconut Liquorice

Sales description

Muesli bar with liquorice, coconut and fennel seed

Ingredients

Rice syrup, roasted coconut 20%, **oat** 17%, **oat flakes** 12%, rice crisps (rice flour, cane sugar, sunflower oil, **barley malt flour**), liquorice 4% (cane sugar molasses, **wheat flour**, glucose/fructose syrup, liquorice powder 3%, salt*, natural aniseed flavouring*, separating agent, puffed amaranth 2%, fennel seed 2%).

Contains: nuts and gluten.

*not organic.

Nutritional information	per 100 g		per serving or 40 g portion	
	kJ	kcal	kJ	kcal
Energy		356		142
Fat [g]	7		3	
of which saturates [g]	5		2	
Carbohydrates [g]	64		26	
of which sugars [g]	39		16	
Fibre [g]	5,3		2,1	
Protein [g]	7		3	
Salt [g]	0,16		0,06	

2276923 Mulebar Bar Lemon Ginger

Sales description

Muesli bar with lemons, ginger and cashew nuts

Ingredients

Rice syrup 42%, **oat** 16%, **oat flakes** 12%, rice flakes 10%, **barley malt flour** 10%, cashew nuts 8%, lemon powder 4%, sunflower oil 3%, **soy flour** 2%, puffed amaranth 2%, ginger 0,75%, lemon oil 0,1%.

Contains: nuts, soy and gluten.

Nutritional information	per 100 g		per serving or 40 g portion	
	kJ	kcal	kJ	kcal
Energy		386		155
Fat [g]	10		4	
of which saturates [g]	2		1	
Carbohydrates [g]	63		25	
of which sugars [g]	25		10	
Fibre [g]	6		2	
Protein [g]	7		3	
Salt [g]	0,05		0,02	

2276924 Mulebar Bar Red Fruits

Sales description

Muesli bar with raspberries, cranberries and blackcurrant

Ingredients

Rice syrup, dried apple, **oat flakes** 16%, pea protein isolate, apple juice concentrate, rice crisps (rice flour, **barley malt flour**, sugar, sunflower oil, emulsifier): sunflower lecithin), apricot kernel, puffed amaranth 2%, cranberries 2% (cranberries, apple juice, sunflower oil), **soy flour**, dried blackcurrant 2%, dried raspberries 2%.

Contains: soy and gluten.

Nutritional information	per 100 g		per serving or 40 g portion	
	kJ	kcal	kJ	kcal
Energy		361		144,4
Fat [g]	6		2,4	
of which saturates [g]	0,7		0,28	
Carbohydrates [g]	67		26,8	
of which sugars [g]	50		20	
Fibre [g]	5		2	
Protein [g]	8		3,2	
Salt [g]	0,06		0,024	

2276925 Mulebar Bar Peanuts Raspberry

Sales description

Muesli bar with peanuts and raspberries

Ingredients

Rice syrup, **oat**, **peanuts** 23,98%, frozen and dried raspberry pieces 1,5%, puffed rice, Himalayan crystal salt.

Nutritional information	per 100 g		per serving or 40 g portion	
	kJ	kcal	kJ	kcal
Energy		337		135
Fat [g]	6		3	
of which saturates [g]	3		0,3	
Carbohydrates [g]	61		25	
of which sugars [g]	29		11	
Fibre [g]	5		2	
Protein [g]	6		2	
Salt [g]	0,06		0,03	

2276926 Mulebar Bar Tomato Rosemary

Sales description

Muesli bar with tomato and rosemary

Ingredients

Rice syrup, sunflower seeds, maltodextrin, roasted **barley flakes**, tomato powder (8%), sunflower oil, rice crisps (rice flour, cane sugar, sunflower oil, **barley malt flour**), dried onions, ground rosemary (3%), sea salt.

Nutritional information	per 100 g		per serving or 40 g portion	
	kJ	kcal	kJ	kcal
Energy		413		165
Fat [g]	15		6	
of which saturates [g]	1,9		0,8	
Carbohydrates [g]	60		24	
of which sugars [g]	22		9	
Fibre [g]	5		2	
Protein [g]	6		3	
Salt [g]	1,1		0,44	

2276927 Mulebar Bar Chocolate Almond

Sales description

Protein bar with almonds and cocoa for recovery

Ingredients

Rice syrup, **almonds** (20%), **hazelnuts** (16%), **soy protein crisps** (soy protein isolate, tapioca starch, calcium carbonate, salt), pea protein isolate, cocoa powder 7%, cacao nibs 4%, dried apricots, sunflower oil.

Nutritional information	per 100 g		per serving or 40 g portion	
	kJ	kcal	kJ	kcal
Energy		471		198
Fat [g]	26		11	
of which saturates [g]	3,8		1,6	
Carbohydrates [g]	32		14	
of which sugars [g]	18		7,7	
Fibre [g]	5,6		2,4	
Protein [g]	24		10	
Salt [g]	0,45		0,19	

2276928 Mulebar Bar Almond Strawberry

Sales description

Protein bar with almonds, pea protein and strawberries

Ingredients

Rice syrup, **almonds** (20%), pea protein (13%), figs, **soy protein crisps** (soy protein isolate, tapioca starch, calcium carbonate, salt) 11%, raisins, freeze-dried strawberry pieces 4,5%, orange with zest powder, sunflower oil.

Nutritional information	per 100 g		per serving or 40 g portion	
	kJ	kcal	kJ	kcal
Energy		390		164
Fat [g]	12,4		5,2	
of which saturates [g]	1,1		0,5	
Carbohydrates [g]	43,4		18,2	
of which sugars [g]	30,7		12,9	
Fibre [g]	4,2		1,8	
Protein [g]	24,1		10,1	
Salt [g]	0,8		0,3	