

Superfood!



gluten free  
tastes great

# Just Great Stuff

## ANTIOXIDANT BARS



- Gluten Free**
- Non-GMO**
- 5-7g Protein Per Bar**

**USDA ORGANIC**

**Certified GF**  
Gluten-Free

**Packed with Vitamins A, C, and E**

**Wheat, Dairy, Soy, & Cholesterol Free**

[www.bettylousinc.com](http://www.bettylousinc.com) 503 434 5205

Product of the USA



**Nutrition Facts** Serv Size: 1 Bar (42g), Amount Per Serving: **Calories** 170, Fat Cal. 80, **Total Fat** 9g (14% DV), Sat. Fat 3g (15% DV), Trans Fat 0g, **Cholest.** 0mg (0% DV), **Sodium** 30mg (1% DV), **Total Carb.** 22g (7% DV), Dietary Fiber 3g (12% DV), Sugars 12g, **Protein** 5g, Vitamin A (25% DV), Vitamin C (25% DV), Calcium (2% DV), Iron (15% DV), Vitamin E (25% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

**INGREDIENTS:** Dates\*, Cashew\*, Tapioca Syrup\*, Cacao Nibs\*, Cocoa Powder (Dutch Alkalized)\*, Rice Protein\*, Acai\*, Goji Berries\*, Antioxidant Vitamin Blend (Acerola Juice Powder, Rice Flour\*, Vitamin E [as d-Alpha- Tocopherol], Vitamin A [as Beta Carotene-Natural]), Sea Salt.

**Allergens:** Contains Tree Nuts (Cashew). *Manufactured in a facility that also processes peanuts, tree nuts, soy, egg, wheat and milk.*

UPC Numbers  
Individual Piece: 016073 21602 6  
12ct Box: 016073 21622 4



**Nutrition Facts** Serv Size: 1 Bar (42g), Amount Per Serving: **Calories** 170, Fat Cal. 80, **Total Fat** 8g (12% DV), Sat. Fat 3g (15% DV), Trans Fat 0g, **Cholest.** 0mg (0% DV), **Sodium** 30mg (1% DV), **Total Carb.** 23g (8% DV), Dietary Fiber 2g (8% DV), Sugars 14g, **Protein** 5g, Vitamin A (40% DV), Vitamin C (30% DV), Calcium (2% DV), Iron (6% DV), Vitamin E (25% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

**INGREDIENTS:** Dried Fruit Blend ( Raisins\*, Bananas\* [with Rice Flour\*], Dates\*), Cashews\*, Dark Chocolate\*(Coconut Palm Sugar\*, Cocoa Liquor\*, Cocoa Butter\*, Cocoa Powder\*, Sunflower Lecithin), Tapioca Syrup\*, Pumpkin Seed Protein\*, Vegetable Powder Blend (Carrot Juice\*, Spinach Leaf\*, Broccoli Sprouts\*, Kale\*), Vanilla Extract\*, Antioxidant Vitamin Blend (Acerola Juice Powder, Rice Flour\*, Vitamin E [as d-Alpha- Tocopherol], Vitamin A [as Beta Carotene-Natural]), Sea Salt.

**Allergens:** Contains Tree Nuts (Cashew, Coconut). *Manufactured in a facility that also processes peanuts, tree nuts, soy, egg, wheat and milk.*

UPC Numbers  
Individual Piece: 016073 21604 0  
12ct Box: 016073 21624 8



**Nutrition Facts** Serv Size: 1 Bar (42g), Amount Per Serving: **Calories** 170, Fat Cal. 60, **Total Fat** 7g (11% DV), Sat. Fat 1g (5% DV), Trans Fat 0g, **Cholest.** 0mg (0% DV), **Sodium** 5mg (0% DV), **Total Carb.** 24g (8% DV), Dietary Fiber 2g (8% DV), Sugars 14g, **Protein** 5g, Vitamin A (25% DV), Vitamin C (30% DV), Calcium (2% DV), Iron (6% DV), Vitamin E (25% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

**INGREDIENTS:** Cashews\*, Dates\*, Dried Berry Blend (Cranberries\*[with Apple Juice Concentrate\*, Sunflower Oil\*], Raspberries\*, Acai\*, Goji Berries\*), Tapioca Syrup\*, Rice Protein\*, Natural Flavor\*, Antioxidant Vitamin Blend (Acerola Juice Powder, Rice Flour\*, Vitamin E [as d-Alpha- Tocopherol], Vitamin A [as Beta Carotene-Natural]), Citric Acid.

**Allergens:** Contains Tree Nuts (Cashew). *Manufactured in a facility that also processes peanuts, tree nuts, soy, egg, wheat and milk.*

UPC Numbers  
Individual Piece: 016073 21601 9  
12ct Box: 016073 21621 7



**Nutrition Facts** Serv Size: 1 Bar (42g), Amount Per Serving: **Calories** 170, Fat Cal. 60, **Total Fat** 7g (11% DV), Sat. Fat 1.5g (8% DV), Trans Fat 0g, **Cholest.** 0mg (0% DV), **Sodium** 30mg (1% DV), **Total Carb.** 24g (8% DV), Dietary Fiber 1g (4% DV), Sugars 15g, **Protein** 5g, Vitamin A (40% DV), Vitamin C (30% DV), Calcium (2% DV), Iron (4% DV), Vitamin E (25% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

**INGREDIENTS:** Dried Fruit Blend (Dates\*, Bananas\*, [with Rice Flour\*], Raisins\*), Cashews\*, Tapioca Syrup\*, Rice Protein\*, Dried Vegetable Blend (Carrot Juice\*, Spinach Leaf\*, Broccoli Sprouts\*, Kale\*), Vanilla Extract\*, Antioxidant Vitamin Blend (Acerola Juice Powder, Rice Flour\*, Vitamin E [as d-Alpha-Tocopherol], Vitamin A [as Beta Carotene-Natural]), Sea Salt.

**Allergens:** Contains Tree Nuts (Cashew). *Manufactured in a facility that also processes peanuts, tree nuts, soy, egg, wheat and milk.*

UPC Numbers  
Individual Piece: 016073 21603 3  
12ct Box: 016073 21623 1

Organic\*



Visit [www.bettylousinc.com](http://www.bettylousinc.com) to see even more recipes and learn to Bake Like Betty Lou using our Gluten Free Baking Mixes, Just Great Stuff Powdered Peanut Butter and more!