



Dark Chocolate + Peanut Butter

Ingredients: Organic Pea Protein, Organic Peanut Butter, Organic Coconut Nectar, Organic Cold Pressed Coconut Oil, Organic Dark Chocolate Chips (Organic Unsweetened Chocolate, Organic Coconut Sugar, Organic Cocoa Butter), Organic Ground Flaxseed, Organic Unsulphured Blackstrap Molasses, Himalayan Pink Sea Salt. **VEGAN.**

ALLERGENS: Contains Nuts (Peanuts, Coconut) Produced on equipment that also processes other tree nuts.

Nutrition Facts Servings:1, **Serv. Size:1 (56g)**, Amount Per Serving: **Calories 290**, **Total Fat** 16g (21% DV), Sat. Fat 6g (30% DV), Trans Fat 0g, **Cholest.** 0mg (0% DV), **Sodium** 350mg (15% DV), **Total Carb.** 14g (5% DV), Fiber 3g (11% DV), Total Sugar 9g (Incl. 8g Added Sugars, 16% DV), **Protein** 21g, Vit. D (0% DV), Calcium (27% DV), Iron (23% DV), Potas. (9% DV) Vitamin E (6% DV), Riboflavin (9% DV), Phosphorus (8% DV), Magnesium (21% DV), Copper (18% DV), Manganese (21% DV), Folate (6% DV).

The % daily value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calorie a day is used for general nutritional advice.



Dark Chocolate + Almond Butter

Ingredients: Organic Pea Protein, Natural Almond Butter, Organic Coconut Nectar, Organic Cold Pressed Coconut Oil, Organic Dark Chocolate Chips (Organic Unsweetened Chocolate, Organic Coconut Sugar, Organic Cocoa Butter), Organic Ground Flaxseed, Organic Unsulphured Blackstrap Molasses, Himalayan Pink Sea Salt. **VEGAN.**

ALLERGENS: Contains Tree Nuts (Almonds, Coconut) Produced on equipment that also processes peanuts.

Nutrition Facts Servings:1, **Serv. Size:1 (56g)**, Amount Per Serving: **Calories 290**, **Total Fat** 17g (22% DV), Sat. Fat 6g (30% DV), Trans Fat 0g, **Cholest.** 0mg (0% DV), **Sodium** 330mg (14% DV), **Total Carb.** 14g (5% DV), Fiber 3g (11% DV), Total Sugars 9g (Incl. 8g Added Sugars, 16% DV), **Protein** 20g, Vit. D (0% DV), Calcium (25% DV), Iron (22% DV), Potas. (9% DV), Vitamin E (7% DV), Niacin (11% DV), Vitamin B6 (6% DV), Phosphorus (6% DV), Magnesium (14% DV), Copper (11% DV), Manganese (21% DV).

The % daily value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calorie a day is used for general nutritional advice.



Pumpkin + Pecan

Ingredients: Organic Pea Protein, Organic Coconut Nectar, Natural Almond Butter, Organic Pecans, Organic Cold Pressed Coconut Oil, Dried Pumpkin Powder, Organic Ground Flaxseed, Organic Unsulphured Blackstrap Molasses, Organic Spices, Himalayan Pink Sea Salt. **VEGAN.**

ALLERGENS: Contains Nuts (Almond, Pecan, Coconut) Produced on equipment that also processes peanuts.

Nutrition Facts Servings: 1, **Serv. Size: (56g)**, Amount Per Serving: **Calories 270, Total Fat** 14g (18% DV), Sat.Fat 5g (25% DV), Trans Fat 0g, **Cholest.** 0mg (0% DV), **Sodium** 315mg (14% DV), **Total Carb.** 16g (6% DV), Fiber 3g (11% DV), Total Sugars 11g (Incl. 9g Added Sugars, 18% DV), **Protein** 18g, Vit. D (0% DV), Calcium (4% DV), Iron (20% DV), Potas. (8% DV) Vitamin A (2% DV), Vitamin C (6% DV), Vitamin E (6%), Calcium (28% DV), Riboflavin (9% DV), Phosphorus (8% DV), Magnesium (14% DV), Copper (16% DV), Manganese (20% DV), Folate (6% DV).

The % daily value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calorie a day is used for general nutritional advice.



Double Dark Chocolate + Mint

Ingredients: Organic Pea Protein, Natural Almond Butter, Organic Coconut Nectar, Organic Cold Pressed Coconut Oil, Organic Dark Chocolate Chips (Organic Unsweetened Chocolate, Organic Coconut Sugar, Organic Cocoa Butter), Organic Raw Cacao, Organic Ground Flaxseed, Organic Unsulphured Blackstrap Molasses, Himalayan Pink Sea Salt, Organic Peppermint Oil. **VEGAN.**

ALLERGENS: Contains Tree Nuts (Almonds, Coconut) Produced on equipment that also processes peanuts.

Nutrition Facts: Servings: 1, **Serv. Size (60g)**, Amount per Serving: **Calories: 310, Total Fat:** 17g (22% DV), Sat. Fat 6g (30% DV), Trans Fat 0g, **Cholest.** 0mg (0% DV) **Sodium** 330mg (14% DV), **Total Carb.** 17g (7% DV), Fiber 5g (18% DV), Sugars 9g (Incl. 8g Added Sugars, 16% DV), **Protein** 21g, Vit. D(0% DV), Calcium (27% DV), Iron (25% DV) Potas. (10% DV), Vitamin E (7% DV), Niacin (12% DV), Vitamin B6 (6% DV), Phosphorus (6% DV), Magnesium (9% DV). Copper (11% DV) Manganese (16% DV).

The % daily value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calorie a day is used for general nutritional advice.



Dark Chocolate + Raspberry

Ingredients: Organic Pea Protein, Organic Raw Sunflower Seed Butter, Organic Coconut Nectar, Organic Cold Pressed Coconut Oil, Organic Dark Chocolate Chips (Organic Unsweetened Chocolate, Organic Coconut Sugar, Organic Cocoa Butter), Freeze Dried Raspberry Powder, Organic Ground Flaxseed, Organic Unsulphured Blackstrap Molasses, Organic Pure Vanilla Extract, Himalayan Pink Sea Salt. **VEGAN.**

ALLERGENS: Contains Tree Nuts (Coconut). Produced on equipment that also processes peanuts and other tree nuts.

Nutrition Facts Servings: 1, **Serv. Size: (58g)**, Amount Per Serving: **Calories 270**, **Total Fat** 14g (18% DV), Sat. Fat 6g (30% DV), Trans Fat 0g, **Cholest.** 0mg (0% DV), **Sodium** 300mg (13% DV), **Total Carb.** 14g (5% DV), Fiber 3g (11% DV), Total Sugars 10g (Incl. 8g Added Sugars, 16% DV), **Protein** 19g, Vit. D (0% DV), Calcium (25% DV), Iron (25% DV), Potas. (6% DV), Vitamin C (10% DV), Vitamin E (6%), Riboflavin (6% DV), Phosphorus (12% DV), Magnesium (15% DV), Copper (30% DV), Manganese (21% DV), Folate (9% DV).

The % daily value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calorie a day is used for general nutritional advice.



Banana + Nut

Ingredients: Organic Pea Protein, Organic Coconut Nectar, Natural Almond Butter, Organic Raw Walnuts, Organic Cold Pressed Coconut Oil, Organic Ground Flaxseed, Freeze Dried Bananas, Organic Unsulphured Blackstrap Molasses, Organic Cinnamon, Himalayan Pink Sea Salt. **VEGAN.**

ALLERGENS: Contains Nuts (Almonds, Walnuts and Coconuts) Produced on equipment that also processes peanuts.

Nutrition Facts Servings: 1, **Serv. Size: (57g)**, Amount Per Serving: **Calories 270**, **Total Fat** 14g (18% DV), Sat. Fat 4.5g (23% DV), Trans Fat 0g, **Cholest.** 0mg (0% DV), **Sodium** 300mg (13% DV), **Total Carb.** 16g (6% DV), Fiber 3g (11% DV), Total Sugars 12g (Incl. 9g Added Sugars, 18% DV), **Protein** 19g, Vit. D (0% DV), Calcium (28% DV), Iron (22% DV), Potas. (8% DV), Vitamin E (6%), Calcium (28% DV), Iron (22% DV), Riboflavin (6% DV), Phosphorus (8% DV), Magnesium (14% DV), Copper (16% DV), Manganese (20% DV), Folate (6% DV).

The % daily value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calorie a day is used for general nutritional advice.



Mocha + Chip

Ingredients: Organic Pea Protein, Organic Peanut Butter, Organic Coconut Nectar, Organic Cold Pressed Coconut Oil, Organic Dark Chocolate Chips (Organic Unsweetened Chocolate, Organic Coconut Sugar, Organic Cocoa Butter), Organic Fair Trade Espresso Beans, Organic Ground Flaxseed, Organic Unsulphured Blackstrap Molasses, Himalayan Pink Sea Salt. **VEGAN.**

ALLERGENS: Contains Nuts (Peanuts and Coconuts) Produced on equipment that also processes other tree nuts.

Nutrition Facts Servings: 1, **Serv.Size: (61g)**, Amount Per Serving: **Calories 290**, **TotalFat** 15g (19% DV), Sat. Fat 6g (30% DV), Trans Fat 0g, **Cholest.** 0mg (0% DV), **Sodium** 330mg (14% DV), **TotalCarb.** 17g (6% DV), Fiber 3g (11% DV), Total Sugars 11g (Incl. 10g Added Sugars, 20% DV), **Protein** 20g, Vit. D (0% DV), Calcium (26% DV), Iron (20% DV), Potas. (11% DV), Vitamin E (7%), Riboflavin (9% DV), Phosphorus (8% DV), Magnesium (16% DV), Copper (22% DV), Manganese (20% DV), Folate (6% DV).

The % daily value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calorie a day is used for general nutritional advice. **Contains 32mg Caffeine.**



DECAF Mocha + Chip

Ingredients: Organic Pea Protein, Organic Peanut Butter, Organic Coconut Nectar, Organic Cold Pressed Coconut Oil, Organic Dark Chocolate

Chips (Organic Unsweetened Chocolate, Organic Coconut Sugar, Organic Cocoa Butter), Organic Fair Trade (Swiss Water Processed) Decaf Espresso Beans, Organic Ground Flaxseed, Organic Unsulphured Blackstrap Molasses, Himalayan Pink Sea Salt. **VEGAN.**

ALLERGENS: Contains Nuts (Peanuts and Coconuts) Produced on equipment that also processes other tree nuts.

Nutrition Facts Servings:1, **Serv. Size: (61g)**, Amount Per Serving: **Calories 290**, **Total Fat** 15g (19% DV), Sat. Fat 6g (30% DV), Trans Fat 0g, **Cholest.** 0mg (0% DV), **Sodium** 330mg (14% DV), **Total Carb.** 17g (6% DV), Fiber 3g (11% DV), Total Sugars 11g (Incl. 10g Added Sugars, 20% DV), **Protein** 20g, Vit. D (0% DV), Calcium (26% DV), Iron (20% DV), Potas. (11% DV), Vitamin E (7%), Riboflavin (9% DV), Phosphorus (8% DV), Magnesium (16% DV), Copper (22% DV), Manganese (20% DV), Folate (6% DV).

The % daily value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calorie a day is used for general nutritional advice.



Cookie + Dough

Ingredients: Organic Pea Protein, Organic Raw Cashew Butter, Organic Dark Chocolate Chips (Organic Unsweetened Chocolate, Organic Coconut Sugar, Organic Cocoa Butter), Organic Coconut Nectar, Organic Cold Pressed Coconut Oil, Organic Ground Flaxseed, Organic Unsulphured Blackstrap Molasses, Organic Pure Vanilla Extract, Organic Cinnamon, Himalayan Pink Sea Salt. **VEGAN.**

ALLERGENS: Contains Tree Nuts (Cashews, Coconut) Produced on equipment that also processes peanuts.

Nutrition Facts Servings: 1, **Serv. Size:(60g)**, Amount Per Serving: **Calories 280**, **Total Fat** 15g (19% DV), Sat. Fat 6g (30% DV), Trans Fat 0g, **Cholest.** 0mg (0% DV), **Sodium** 300mg (13% DV), **Total Carb.** 17g (6% DV), Fiber 3g (11% DV), Total Sugars 10g (Incl. 10g Added Sugars, 20% DV), **Protein** 20g, Vit. D (0% DV), Calcium(27% DV), Iron (25% DV), Potas.(7% DV), Magnesium (11% DV)

The % daily value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calorie a day is used for general nutritional advice.



Lemon + Poppy

Ingredients: Organic Pea Protein, Organic Raw Cashew Butter, Organic Coconut Nectar, Organic Cold Pressed Coconut Oil, Organic Ground Flaxseed, Organic Unsulphured Blackstrap Molasses, Himalayan Pink Sea Salt, Organic Poppseed, Organic Pure Lemon Oil. **VEGAN.**

ALLERGENS: Contains Tree Nuts (Cashew, Coconut) Produced on equipment that also processes peanuts.

Nutrition Facts Servings: 1, **Serv. Size:(54g)**, Amount Per Serving: **Calories 250**, **Total Fat** 12g (15% DV), Sat. Fat 3.5g (18% DV), Trans Fat 0g, **Cholest.** 0mg (0% DV), **Sodium** 300mg (14% DV), **Total Carb.** 16g (6% DV), Fiber 2g (7% DV), Total Sugars 10g (Incl. .9g Added Sugars, 18% DV), **Protein** 19g, Vit. D(0% DV), Calcium (26% DV), Iron(23% DV), Potas. (17% DV), Magnesium (10% DV).

The % daily value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calorie a day is used for general nutritional advice.



Peanut Butter + Chip

Ingredients: Organic Pea Protein, Organic Peanut Butter, Organic Coconut Nectar, Organic Cold Pressed Coconut Oil, Organic Dark Chocolate Chips (Organic Unsweetened Chocolate, Organic Coconut Sugar, Organic Cocoa Butter), Organic Ground Flaxseed, Organic Unsulphured Blackstrap Molasses, Himalayan Pink Sea Salt. **VEGAN.**

ALLERGENS: Contains Nuts (Peanuts, Coconut) Produced on equipment that also processes other tree nuts.

Nutrition Facts Servings: 1, **Serv.Size: (59g)**, Amount Per Serving: **Calories 290**, **Total Fat** 15g (19% DV), Sat. Fat 6g (30% DV), Trans Fat 0g, **Cholest.** 0mg (0% DV), **Sodium** 280mg (12% DV), **Total Carb.** 16g (6% DV), Fiber 3g (11% DV), Total Sugars 11g (Incl. 10g Added Sugars, 20% DV) **Protein** 20g, Vit. D (0% DV), Calcium (27% DV), Iron (23% DV), Potas. (10% DV), Vitamin E (6% DV), Riboflavin (9% DV), Phosphorus (8% DV), Magnesium (8% DV).

The % daily value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calorie a day is used for general nutritional advice.



Birthday Cake

Ingredients: Organic Pea Protein, Organic Raw Cashew Butter, Organic Coconut Nectar, Natural Rainbow Sprinkles (Pure Cane Sugar, Palm Kernel & Palm Oil, Corn Starch, Beet Juice, Vegetable Juice, Annatto Extract, Spirulina Extract, Turmeric, Beta-Carotene, Paprika Oleoresin, Sunflower Lecithin, Maltodextrin, Carnauba Wax, Cellulose Gum), Organic Cold Pressed Coconut Oil, Organic Ground Flaxseed, Organic White Chocolate Chips (Organic Cocoa Butter, Organic Cane Sugar, Organics Tapioca Starch, Organic Rice Starch, Organic Rice Maltodextrin, Organic Vanilla), Organic Unsulphured Blackstrap Molasses, Organic Pure Vanilla Extract, Himalayan Pink Sea Salt. **VEGAN.**

ALLERGENS: Contains Tree Nuts (Cashews, Coconut) Produced on equipment that also processes peanuts.

Nutrition Facts Servings: 1, **Serv.Size: (60g)**, Amount Per Serving: **Calories 300**, **Total Fat** 16g (21% DV), Sat. Fat 7g (35% DV), Trans Fat 0g, **Cholest.** 0mg (0% DV), **Sodium** 260mg (11% DV), **Total Carb.** 19g (7% DV), Fiber 2g (7% DV), Total Sugars 12g (Incl. 11g Added Sugars, 22% DV), **Protein** 20g, Vit. D (0% DV), Calcium (20% DV), Iron (20% DV), Potas. (5% DV)

The % daily value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calorie a day is used for general nutritional advice.

Rawr Bar Peanut Butter Protein Crumbles

(same ingredients as Dark Chocolate Peanut Butter Bar, but 1/2 serving size)

Rawr Bar® PB Protein Crumbles

Nutrition Facts	
Serving size	8 Chunks (29g)
Amount Per Serving	
Calories	140
<small>% Daily Value*</small>	
Total Fat 8g	10%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 7g	3%
Dietary Fiber 2g	7%
Total Sugars 5g	
Includes 4g Added Sugars	8%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 10mg	2%
Iron 1.9mg	10%
Potassium 80mg	2%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Contains: Peanuts

INGREDIENTS: Organic Pea Protein, Organic Peanut Butter, Organic Coconut Nectar, Organic Cold Pressed Coconut Oil, Organic 72% Dark Chocolate (organic unsweetened chocolate, organic cane sugar, organic cocoa butter), Organic Ground Flaxseed, Organic Unsulphured Blackstrap Molasses, Himalayan Pink Sea Salt.

60 servings a pouch (30 Rawr Bars)

Manufactured in a facility that also processes: Almond, Cashew, Walnut, Pecan