



## Nutrition Facts

Serving Size 1 Square (50g)

Servings Per Container 1

Calories 190

Calories from Fat 50

\* Percent Daily Values (DV) are based on a 2,000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*	Amount/Serving
Total Fat 5g	8%	Cholesterol 0mg	0%	Soluble Fiber 4g
Sat. Fat 1g	5%	Sodium 115mg	5%	Insoluble Fiber 1g
Trans Fat 0g		Total Carb. 30g	10%	Sugars 12g
Polyunsat. Fat 0.5g		Dietary Fiber 5g	20%	Protein 6g
Monounsat. Fat 3.5g				
Vitamin A 0%		Vitamin C 2%		Calcium 2%
				Iron 6%

**INGREDIENTS:** ROLLED OATS, DATE PASTE, TAPIOCA SYRUP, INVERT SYRUP, PROTEIN BLEND (WHEY PROTEIN ISOLATE, DRIED EGG WHITES), EXPELLER PRESSED HIGH OLEIC SUNFLOWER OIL, CHOCOLATE CHIPS (CANE SUGAR, UNSWEETENED CHOCOLATE, COCOA BUTTER, SOY LECITHIN [EMULSIFIER], VANILLA), SOLUBLE CORN FIBER, PLUM PUREE, SWEETENED DRIED CHERRIES (CHERRIES, SUGAR, SUNFLOWER OIL), VEGETABLE GLYCERINE, NATURAL PLANT STEROLS, COCOA (PROCESSED WITH ALKALI), INULIN, NATURAL FLAVORS, BAKING SODA, SOY LECITHIN (EMULSIFIER), SALT.

**CONTAINS EGG, MILK, SOY.** MADE ON EQUIPMENT THAT ALSO PROCESSES WHEAT, PEANUTS AND TREE NUTS.

**MADE WITH NO GLUTEN-CONTAINING INGREDIENTS.** PROCESSED IN FACILITY THAT USES WHEAT, BARLEY OR RYE.

**FOR MAXIMUM SHELF LIFE, STORE BELOW 75°F.** MANUFACTURED BY: J&J SNACK FOODS CORP. • PENNSAUKEN, NJ 08109

**CAUTION: IF HEATING IN THE MICROWAVE, BE SURE TO REMOVE CORAZONAS OATMEAL SQUARE FROM WRAPPER.**

**NON GMO**



**CORAZONAS<sup>®</sup>**  
**HEARTBAR<sup>™</sup>**  
**OATMEAL SQUARE**

**6g**

**PROTEIN**

**15g**

**WHOLE GRAIN**

**5g**

**FIBER**

**LOW**

**SODIUM**

**NET WT 1.76OZ (50g)**

**DARK CHOCOLATE CHERRY**



## DELICIOUS & NUTRITIOUS

We start with heart healthy ingredients, then blend and bake to create great tasting, good for you food. So good for you, it's proven to help lower cholesterol.\*

Visit us at [www.corazonas.com](http://www.corazonas.com) to learn more.

\* Foods containing at least 0.4g per serving of phytosterols, eaten twice a day with meals for a total daily intake of at least 0.8g, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. **A serving of Corazonas HEARTBAR Oatmeal Squares supplies 0.8g of phytosterols.**