

LIBERTY ORCHARDS. FINE CONFECTIONS

Blueberry-Pomegranate Orchard Bar™

INGREDIENTS: fruit [fruit juice from concentrate (organic apple, blueberry, pomegranate), blueberries, pomegranate powder, organic apple flake], organic evaporated cane syrup, organic tapioca syrup, almonds, seeds (sunflower, flax), soy protein nuggets (soy protein isolate, tapioca starch, salt), fruit pectin, citric acid, natural flavors, sodium citrate, ascorbic acid, Vitamin E (to preserve freshness).

ALLERGEN INFORMATION:

Contains almonds and soy. May contain traces of peanuts and tree nuts not listed in the ingredients.



Nutrition Facts

Serving Size: 1 bar (45g)
Servings Per Container: 12

Amount Per Serving

Calories 200 Calories from Fat 60

% Daily Value*

Total Fat 7g **11%**

Saturated Fat .5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 85mg **4%**

Total Carbohydrate 29g **10%**

Dietary Fiber 2g **8%**

Sugars 18g

Protein 6g

Vitamin A 0% • Vitamin C 20%

Calcium 5% • Iron 7%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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Questions or Comments? Call toll-free at 1-800-888-5696 (outside the US & Canada call 509-782-1000)

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Pineapple-Coconut Orchard Bar™

INGREDIENTS: fruit [fruit juice from concentrate (organic apple, pineapple), pineapple, coconut, organic apple flake], organic evaporated cane syrup, organic tapioca syrup, nutmeats (macadamias, cashews, brazils), seeds (sunflower, flax), soy protein nuggets (soy protein isolate, tapioca starch, salt), fruit pectin, citric acid, natural flavors, sodium citrate, ascorbic acid, Vitamin E (to preserve freshness).

ALLERGEN INFORMATION:

Contains almonds and soy. May contain traces of peanuts and tree nuts not listed in the ingredients.



Nutrition Facts

Serving Size: 1 bar (45g)
Servings Per Container: 20

Amount Per Serving

Calories 200 Calories from Fat 65

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 100mg **4%**

Total Carbohydrate 28g **9%**

Dietary Fiber 2g **8%**

Sugars 18g

Protein 5g

Vitamin A 0% • Vitamin C 20%

Calcium 3% • Iron 7%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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Strawberry-Raspberry Orchard Bar™

INGREDIENTS: fruit [fruit juice from concentrate (organic apple, strawberry), strawberries, raspberries, organic apple flake], organic evaporated cane syrup, organic tapioca syrup, nutmeats (walnuts, almonds), seeds (sunflower, flax), soy protein nuggets (soy protein isolate, tapioca starch, salt), fruit pectin, citric acid, natural flavors, sodium citrate, ascorbic acid, Vitamin E (to preserve freshness).

ALLERGEN INFORMATION:

Contains almonds and soy. May contain traces of peanuts and tree nuts not listed in the ingredients.



Nutrition Facts

Serving Size: 1 bar (45g)
Servings Per Container: 12

Amount Per Serving

Calories 190 Calories from Fat 60

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 80mg **3%**

Total Carbohydrate 26g **9%**

Dietary Fiber 2g **8%**

Sugars 18g

Protein 5g

Vitamin A 0% • Vitamin C 20%

Calcium 4% • Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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Banana-Mango Orchard Bar™

INGREDIENTS: fruit [fruit juice from concentrate (organic apple), mango, banana, organic apple flake], organic evaporated cane syrup, organic tapioca syrup, nutmeats (macadamias, cashews, Brazil nuts), seeds (sunflower, flax), soy protein nuggets (soy protein isolate, tapioca starch, salt), fruit pectin, citric acid, natural flavors, sodium citrate, ascorbic acid, Vitamin E (to preserve freshness).

ALLERGEN INFORMATION:

Contains macadamias, cashews, Brazil nuts, and soy. May contain traces of peanuts and tree nuts not listed in the ingredients.



Nutrition Facts

Serving Size: 1 bar (45g)
Servings Per Container: 20

Amount Per Serving

Calories 200 Calories from Fat 65

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 100mg **4%**

Total Carbohydrate 28g **9%**

Dietary Fiber 2g **8%**

Sugars 18g

Protein 5g

Vitamin A 0% • Vitamin C 20%

Calcium 3% • Iron 7%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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Cherry-Almond Orchard Bar™

INGREDIENTS: fruit [fruit juice from concentrate (organic apple, cherry), cherries, organic apple flake], organic evaporated cane syrup, organic tapioca syrup, almonds, seeds (sunflower, flax), soy protein nuggets (soy protein isolate, tapioca starch, salt), fruit pectin, citric acid, natural flavor, sodium citrate, ascorbic acid, Vitamin E (to preserve freshness).

ALLERGEN INFORMATION:

Contains almonds and soy. May contain traces of peanuts and tree nuts not listed in the ingredients.



Nutrition Facts

Serving Size: 1 bar (45g)
Servings Per Container: 12

Amount Per Serving

Calories 200 Calories from Fat 60

% Daily Value*

Total Fat 7g **11%**

Saturated Fat .5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 85mg **4%**

Total Carbohydrate 29g **10%**

Dietary Fiber 2g **8%**

Sugars 18g

Protein 6g

Vitamin A 0% • Vitamin C 20%

Calcium 5% • Iron 7%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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