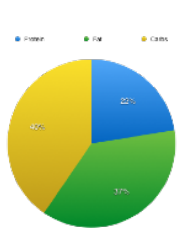
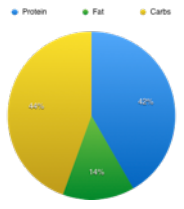
Quest for the Best - Natural Protein Bar

	Categories	Taste	Texture	Nutrition	Flavors	Ingredients	Value	Notes	Macro Content (% of total calories)
Square Bar Organic Protein Bar - Chocolate Coated Peanut Butter	Organic Vegan Gluten Free Dairy Free Soy Free Non-GMO	**8.5** Tastes like a candy bar! It has a rich peanut butter taste and a good amount of chocolate, although it's a little too sweet.	**9** This bar doesn't have a "protein bar" texture - it's easy to bite into and not chewy at all. I like it a lot but I'm not sure if this is what I'd reach for if I was really hungry and needed a big snack.	*Per 48 g bar*: 230 cals 13 g protein 11 g fat 21 g carbs (3 g fiber, 12 g sugar)	*7 flavors*: Chocolate Coated Nuts and Sea Salt Chocolate Coated Crunch Chocolate Coated Cherry Coconut Chocolate Coated Peanut Butter Chocolate Coated Almond Spice Chocolate Coated Coconut Chocolate Coated Mint	Organic Coconut Nectar, Organic Peanuts, Organic Whole Grain Brown Rice Protein, Organic Dark Chocolate (Organic Cocoa Liquor, Organic Dried Cane Syrup, Organic Cocoa Butter), Organic Oats, Organic Cocoa Liquor, Sea Salt, Sunflower Lecithin, Organic Almonds.	$29.99 / 12 pack = $2.50 / bar	This bar has the best taste/texture combo at a slightly lower price point than Vega, which lands it the top spot on this list.	
Vega Sport Protein Bar - Chocolate Peanut Butter	Vegan Gluten Free Dairy Free Soy Free Non-GMO	**8** This bar is just a touch too sweet for me and doesn't have as much peanut butter flavor as I would like…other than that it's good.	**9** A nice chocolate coating (though it melts easily in your hand) and some good chunks inside the bar.	*Per 60 g bar*: 260 cals 15 g protein 11 g fat 27 g carbs (3 g fiber, 16 g sugar)	*2 flavors*: Chocolate Peanut Butter Chocolate Coconut	Complete protein blend (organic sprouted whole grain brown rice protein, pea protein), organic tapioca syrup, organic brown rice syrup, organic cane sugar, organic peanut butter, palm kernel oil, organic peanuts, Vega Saviseed™ (sacha inchi) oil, inulin (from chicory root), brown rice crisps, cocoa powder (processed with alkali), organic peanut flour, organic agave syrup, sea salt, organic peanuts extract, unsweetened chocolate, natural vanilla flavor, sunflower lecithin.	$32.98 / 12 bars = $2.75 / bar	Vega has a decent amount of organic ingredients but not enough to be considered organic overall.	
D's Naturals Now Cow Bar - Chocolate Fudge Brownie	Vegan Gluten Free Dairy Free Soy Free Non-GMO	**8.5** Deep and fudgy flavor! It's not overly sweet, although it does toe the line pretty closely.	**8.5** This bar doesn't have a coating on the outside, but it almost seems like it does. It not too dense and isn't crumbly…it's almost velvety once you start chewing. Plus it's got some nice little crunchy bits inside to keep things exciting.	*Per 60 g bar:* 170 cals 20 g protein 5 g fat 27 g carbs (19 g fiber, 1 g sugar, 4 g sugar alcohols)	*8 flavors:* Chocolate Fudge Brownie Chocolate Banana Bread Blueberry Cobbler Dark Raspberry Truffle Lemon Meringue Pie Mint Cocoa Chip Peanut Butter Chocolate Chip Raspberry Truffle	Protein Blend (Brown Rice Protein, Pea Protein), Isomalto-Oligosaccharides*(Prebiotic Fiber), Roasted Cocoa Nibs, Vegetable Glycerine, Almonds, Cocoa Powder, Cocoa Butter, Water, Sea Salt, Natural Flavor, Erythritol, Monk Fruit Extract, Stevia	$29.99 / 12 pack = $2.50 / bar	I also tried the blueberry cobbler flavor and it was not good. The creaminess that makes this fudge brownie bar so awesome doesn't translate well into that flavor (plus it's missing the crunchy bits!).	
GoMacro MacroBar - Peanut Butter + Chocolate Chip	Organic Vegan Gluten Free Dairy Free Soy Free Non-GMO Kosher	**8.5** Not overly sweet. Good peanut butter flavor with some chocolate chips.	**8** Easy to chew and not overly sticky like you might think it could be by looking at it.	*Per 69 g bar*: 290 cals 11 g protein 11 g fat 37 g carbs (2 g fiber, 14 g sugar)	*4 protein flavors*: Peanut Butter + Chocolate Chip Cashew Caramel Peanut Butter Protein Sunflower Butter + Chocolate	Organic Brown Rice Syrup, Organic Peanut Butter, Organic Protein Blend (Organic Sprouted Brown Rice Protein, Organic Pea Protein), Organic Puffed Brown Rice, Organic Fair Trade Chocolate Chips (Organic coconut sugar, organic cocoa, organic cocoa butter), organic peanuts.	$34.68 / 12 pack = $2.89 /bar	GoMacro makes a lot of other bars, but there are only 4 varieties that boast a higher protein content. You can usually find cheaper prices on Amazon than what's listed here, but I went with what they sell for on the company website.	
SimplyProtein Bar - Peanut Butter Chocolate	Vegan Gluten Free Non-GMO Kosher	**8.5** The peanut butter and chocolate flavors are a little faint, but they're there. Bonus that this bar isn't overly sweet!	**7.5** This is a really crunchy bar, I'm not even sure where they put all the protein! Even though it's full of crisps, it's not dry and still eats easily.	*Per 40 g bar*: 150 cals 15 g protein 5 g fat 16 g carbs (7 g fiber, 1 g sugar)	*10 flavors*: Cocoa Coffee Cocoa Raspberry Cinnamon Pecan Chocolate Caramel Chocolate Coconut Chocolate Peanut Butter Double Chocolate Lemon Coconut Maple Pecan Peanut Butter Chocolate	Soy crisps (non GMO soy protein isolate, tapioca starch, salt), organic brown rice syrup, inulin (chicory root fiber), peanut butter, vegetable glycerin, organic cocoa, organic flavour.	$24.00 / 12 pack = $2 / bar	SimplyProtein makes both a Chocolate Peanut Butter and a Peanut Butter Chocolate flavor. I can't figure out what the difference is between the two!	

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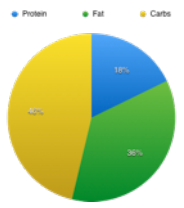
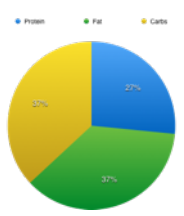
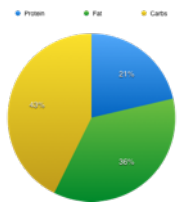
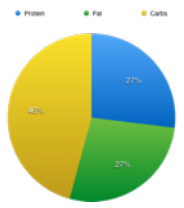
Evolve Plant-Based Protein Bar - Peanut Butter and Jelly	Vegan Gluten Free Dairy Free Soy Free Non-GMO	8.5 The flavor of this bar is really great - it actually tastes like peanut butter and jelly.	7.5 This bar is a little on the sticky side, but it's still really easy to eat. There are chunks of dried fruit that really lend to the PB&J flavor, plus some fine chunks of peanut to give it a good bite.	*Per 52 g bar:* 210 cals 10 g protein 9 g fat 26 g carbs (2 g fiber, 11 g sugar, includes 9 g added sugar)	*4 flavors:* Almond Cherry Peanut Butter Peanut Butter & Jelly Trail Mix	Pea Protein, Soluble Vegetable Fiber, Almond Butter, Almonds, Cane Sugar, Sugar, Tapioca Syrup, Cashews, Dates, Water, Dried Cherries, Natural Flavors, Dried Cranberries, Rice Starch, Cashew Butter, Sunflower Lecithin, Sea Salt, Puffed Amaranth, Quinoa Flakes, Chia Seeds, Flaxseeds, Malic Acid, Sunflower Oil	$19.99 / 12 pack = $1.67 / bar	Although this bar is tasty, the macro split is somewhat disappointing.	
Aloha Protein Bar - Chocolate Fudge Brownie	Organic Vegan Gluten Free Dairy Free Soy Free	**8** There is a good flavor to this bar, the chocolate comes through (as does the cashew butter) and there are little melty bits of chocolate throughout.	**7.5** Although it looks a little dry and crumbly in the picture, it's not really. It's easy to chew and has some little crunchy chunks of what I'm guessing are pea crisps as well as little melty chunks of chocolate.	*Per 65 g bar*: 260 cals 18 g protein 11 g fat 25 g carbs (5 g fiber, 11 g sugar)	*6 flavors*: Chocolate Chip Chocolate Fudge Brownie Mocha Peanut Butter Chocolate Chip PB&J Vanilla Almond Crunch	Protein Blend* (Pumpkin Seed Protein*, Brown Rice Protein*), Tapioca Syrup*, Cashew Butter*, Chocolate*, Semi-Sweet Chocolate Chips* (Cane Sugar*, Chocolate*, Cacao Butter*, Vanilla Extract*), Agave Inulin Syrup*, Sunflower Butter*, Pea Protein Crisp* (Pea Protein*, Rice Flour*), Cocoa*, Acacia Gum*, Natural Flavors, Sea Salt, Monk Fruit Extract. *Organic	$24.99 / 12 pack = $2.08 / bar	You can find these at Target in 4 packs if you don't want to commit to a 12 pack, just be prepared to spend more per bar than you'll find on Amazon!	
RxBar - Chocolate Sea Salt	Paleo Gluten Free Dairy Free Soy Free Non-GMO	**8** This bar has a nice, deep chocolate flavor that's set off by the sea salt.	**6.5** Really sticky…it got stuck in my teeth and I found myself chewing for a while to get through it. There are some nice chunks of almonds to give it some textural interest as well as visible flakes of sea salt on top of the bar.	*Per 52 g bar*: 210 cals 12 g protein 9 g fat 24 g carbs (6 g fiber, 15 g sugar)	*11 flavors*: Apple Cinnamon Blueberry Chocolate Chip Chocolate Sea Salt Coconut Chocolate Coffee Chocolate Maple Sea Salt Mint Chocolate Mixed Berry Peanut Butter Peanut Butter Chocolate	Dates, egg whites, cashews, almonds, cacao, cocoa, natural chocolate flavor, sea salt.	$25.99 / 12 pack = $2.17 / bar	*Bonus Flavor Review*: Blueberry - The blueberry flavor is there but not overpowering, although the almond chunks in the bar are large and in charge. Pretty good overall, a little stickier than I would like though.	
Garden of Life Organic Sport Protein Bar - Chocolate Fudge	Organic Vegan Gluten Free Dairy Free Soy Free	**7** I found these bars too sweet for my taste, though you can taste the chocolatey flavor.	**7.5** Visually these bars are a little odd… there's a chocolate coating but only on top? There are some nice chunks (not sure what the chunks are to be honest) but the bar is a bit crumbly overall.	*Per 75 g bar*: 280 cals 20 g protein 9 g fat 34 g carbs (10 g fiber, 8 g sugar)	*4 flavors*: Chocolate Fudge Chocolate Mint Peanut Butter Chocolate Sea Salt Caramel	Organic tapioca (syrup and soluble fiber), organic pea protein, organic almond butter, organic vegetable glycerin, chocolate coating (organic cacao nibs, organic erythritol, organic tapioca fiber, organic cocoa butter, natural licorice flavor, organic stevia extract (leaf), organic sunflower lecithin, organic vanilla bean extract), organic sprouted brown rice protein, organic pea crisps (organic pea protein, organic tapioca starch), organic yacon syrup (root), organic cacao, organic carob, organic acacia fiber, organic flavors, sea salt.	$33.99 / 12 pack = $2.83 / bar	Erythritol shows up in the ingredients list as part of the chocolate coating but not on the nutrition label. If you do macro math on this bar, there are some unaccounted for calories (~20) , so that's probably what's missing.	

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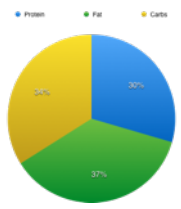
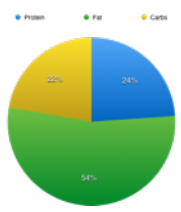
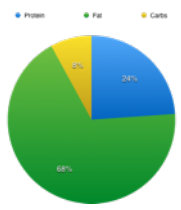
Julian Bakery Paleo Protein Bars - Devil's Food Cake	Paleo Vegetarian Gluten Free Dairy Free Soy Free Non-GMO	**7.5** Julian Bakery does a pretty good job with getting flavors right considering that it's a paleo bar. I actually thought this bar kind of tasted like a Tootsie Roll, minus the overbearing sweetness.	**6.5** When you pull this bar out of the wrapper, it looks a little oily and is pretty small/dense for a 63 gram bar. It's not overly hard to bite into but it is a bit sticky and left my mouth feeling like it was lightly coated in oil (and my tongue was tingling a little bit…probably just me though).	*Per 63 g bar*: 220 cals 20 g protein 11 g fat 23 g carbs (18 g fiber, 2 g sugar)	*16 flavors*: Almond Fudge Blueberry Tart Chocolate Brownie Chocolate Mint Cinnamon Raisin Roll Cinnamon Roll Coconut Cream Devil's Food Cake Espresso Ginger Snap Cookie Glazed Donut Sunflower Butter Sweet Cream Vanilla Cake Vanilla Cookie Vanilla Pudding	Egg Whites (From Cage FREE USA Farms), Organic Prebiotic Fiber (From Tapioca), Organic Sunflower Seeds (Ground), Organic Cocoa Powder, Natural Chocolate Extract, Lou Han Guo (Monk Fruit), Produra™ (Bacillus Coagulans-Probiotic)	$29.99 / 12 pack = $2.50 / bar	Julian Bakery also makes a Pegan line of protein bars that are Vegan and Paleo and made with 98% organic ingredients. I included all of the flavors in the list here. *Bonus Flavor Review* - Blueberry Tart: A little blueberry flavor in this bar but no chunks to keep it interesting. Couldn't finish the whole bar.	
Primal Kitchen - Dark Chocolate Almond	Paleo Gluten Free Dairy Free Soy Free Non-GMO	**7** Not much sweetness to speak of with this bar, and the chocolate flavor is not pronounced.	**6** Quite sticky and a bit hard to bite into. Large chunks of almonds give it some crunch.	*Per 48 g bar*: 230 cals 15 g protein 15 g fat 14 g carbs (6 g fiber, 3 g sugar)	*5 flavors*: Chocolate Hazelnut Coconut Cashew Dark Chocolate Dark Chocolate Almond Macadamia Sea Salt	Almonds, Pumpkin Seeds, Grass Fed Hydrolyzed Collagen, Pre-Biotic Fiber (From Cassava Root), Coconut Flakes, Honey, Natural Flavors, Water, Coconut Oil, Unsweetened Chocolate, Organic Fair Trade Cocoa Powder, Cocoa Nibs, Himalayan Pink Salt, Monk Fruit Extract, Tocopherols, Hazelnuts, Macadamia Nuts, Cashews	$35.95 / 12 pack = $3 / bar	The protein in these bars comes primarily from grass-fed collagen, which helps explain the high price of these bars. Grass-fed/free range animal products aren't cheap but they're worth it in my opinion (watch the movie "Food, Inc." if you are on the fence).	
Perfect Bar - Dark Chocolate Chip Peanut Butter with Sea Salt	Organic Gluten Free Soy Free Non-GMO	**6** This bar almost has a burnt peanut butter flavor with next to zero chocolate taste (even though you can see the chocolate swirls).	**6** Texturally, this bar is very strange…it feels almost chalky when you chew it and kind of crumbles apart when you take a bite (if you can manage to bite through it).	*Per 65 g bar*: 320 cals 15 g protein 19 g fat 25 g carbs (3 g fiber, 18 g sugar)	*12 flavors*: Almond Acai Almond Butter Almond Coconut Blueberry Cashew Carob Chip Coconut Peanut Butter Cranberry Crunch Dark Chocolate Almond Dark Chocolate Chip Peanut Butter with Sea Salt Fruit and Nut Maple Almond Peanut Butter	Orgainic Peanut Butter, Organic Honey, Organic Nonfat Dry Milk, *Organic Dark Chocolate (Organic Cocoa Liquor, Organic Cane Sugar, Organic Cocoa Butter, Organic Cocoa Powder, Organic Sunflower Lecithin), Organic Dried Whole Egg, Organic Brown Rice Protein Concentrate, Sea Salt, Organic Flax Seed Oil, Organic Sunflower Oil, Organic Sesame Seed Oil, Organic Olive Oil, Organic Pumpkin Seed Oil, Dried Whole Food Powders (Organic Kale, Organic Flax Seed, Organic Rose Hip, Organic Orange Peel, Organic Lemon, Organic Papaya, Organic tomato, Organic Apple, Organic Alfalfa, Organic Celery, Organic Kelp, Organic Dulse, Organic Carrot, Organic Spinach).	$24.00 / 8 pack = $3 / bar	The ingredients list on these bars is a mile long but…it's all organic and nothing I'm concerned about. I just don't understand the need for the "20+ nutrient dense superfoods" - not sure what they're really accomplishing with those other than driving up the price of these bars. Note: You may find these bars in the refrigerated section of the store.	
Oatmega Protein Bar - Brownie Crisp	Gluten Free Grass Fed Non-GMO	**5.5** This flavor has an odd taste to it with not much chocolate flavor. It reminded me of something but I couldn't quite put my finger on it.	**6** These bars are small compared to others I tasted. They're also dry and a little crumbly with too many crisps throughout.	*Per 50 g bar*: 190 cals 14 g protein 7 g fat 21 g carbs (7 g fiber, 5 g sugar)	*8 flavors*: Brownie Crisp Chocolate Coconut Crisp Chocolate Mint Crisp Chocolate Peanut Crisp Lemon Chia Crisp Vanilla Almond Crisp White Chocolate Raspberry Crisp Wild Blueberry Crisp	Grass-Fed Whey Protein (Whey Protein Concentrate, Whey Protein Isolate), Chicory Root Fiber, Gluten-Free Oats, Organic Dark Chocolate (Organic Sugar, Organic Chocolate Liquor, Organic Cocoa Butter, Organic Soy Lecithin, Organic Vanilla), Organic Brown Rice Syrup, Vegetable Glycerin, Organic Sunflower Oil, Almond Butter, Responsibly-Caught Fish Oil (Anchovy, Sardine, Tilapia), Cocoa Powder, Natural Flavors, Sea Salt, Sunflower Lecithin, Tapioca Starch, Monk Fruit Extract.	$19.78 / 12 pack = $1.65 / bar	These bars win out on value, but I don' think I'll be buying again.	

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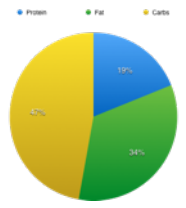
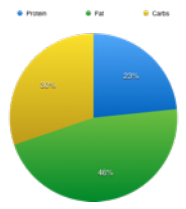
Health Warrior Superfood Protein Bar - Peanut Butter Cacao	Vegan Gluten Free Dairy Free Soy Free Non-GMO	**6** I couldn't really detect the peanut butter or cacao flavor in this bar.	**5.5** When you unwrap this bar, it's oily and a little sticky. There are a ton of chia seeds in the bar, making it crunchy yet sticky while you chew.	*Per 50 g bar*: 200 cals 10 g protein 8 g fat 25 g carbs (5 g fiber, 11 g sugar)	*5 flavors*: Dark Chocolate Coconut Sea Salt Honey Almond Peanut Butter Cacao Mint Chocolate Lemon Goldenberry	Ancient grain blend (chia, oats, organic quinoa), brown rice syrup, pea crisp (pea protein isolate, pea starch, rice flour, calcium carbonate), almonds, organic agave syrup, organic dark chocolate chips (organic sugar, organic cocoa liquor, organic cocoa butter, organic vanilla), coconut flakes, cocoa powder, arabic gum, natural flavors, sea salt, mixed tocopherols (natural vitamin E).	$23.99 / 12 pack = $2 / bar	I wouldn't buy these again.	
Rise Bar - Cacao Banana	Gluten Free Soy Free Non-GMO Kosher	**5.5** The banana extract is really all I can taste in this bar. I can see a few flecks of chocolate in there but can't taste them.	**5.5** These bars are hard to bite into and once you get chewing, they really get stuck in your teeth.	*Per 60 g bar*: 260 cals 17 g protein 15 g fat 22 g carbs (5 g fiber, 15 g sugar)	*8 flavors*: Almond Honey Cacao Banana Chocolatey Almond Chocolatey Coconut Lemon Cashew Mint Chip Snicker Doodle Sunflower Cinnamon	Almonds, honey, carob powder, and whey protein isolate.	$25.19 / 12 pack = $2.10 / bar	I wanted to review the chocolatey almond flavor but couldn't get my hands on one without buying a whole box.	

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