

Quest for the Best - Natural Protein Bar

	Categories	Taste	Texture	Nutrition	Flavors	Ingredients	Value	Notes	Macro Content (% of total calories)								
<b>Truwomen Protein Bar</b>	Vegan Gluten Free Dairy Free Soy Free	<p><b>Daydreaming About Donuts (6):</b> Not a ton of flavor going on here, but it's still kind of tasty. I think to get the donut flavor, it needs a bit more sweetness.</p> <p><b>Oh Oh Cookie Dough (6.5):</b> Good chocolate flavor from the coating and chocolate chunks inside, but the rest of the filling is kind of ambiguously sweet. I don't get a ton of cookie dough flavor.</p> <p><b>Smother Fudger Peanut Butter (10):</b> Classic flavor combo, not too sweet, what more is there to say?</p> <p><b>Zamn Good Zesty Lemon (7):</b> If you're a lemon fan, go for it - the lemon flavor is strong without being overpowering, though I did find it to taste a bit artificial.</p>	<p><b>8.5</b></p> <p>The chocolate coated bars are more like a 9, but the white coated bars are more like a 7.5-8...the chocolate coated ones have a nice matted/dry coating with good bite and chew, whereas the white coated ones were slightly oily. All of them were just right in terms of chewiness - soft enough to easily bite into, but solid enough to give you something to chew.</p>	<p><i>Per 50 g bar:</i> 200 cal 12 g protein 9 g fat 25 g carbs (2 g fiber, 10 g sugar, includes 8 g added sugar)</p>	<p><i>7 flavors:</i> Daydreaming About Donuts, I Scream for Orange Cream, Oh Oh Cookie Dough, Red Velvet Ready, Saltylicious Almond Love, Smother Fudger Peanut Butter, Zamn Good Zesty Lemon</p>	Cassava Flour, Brown Rice Protein Concentrate, Peanut Butter, Cane Sugar, Palm Oil, Cocoa Powder, Peanut Flour, Sea Salt, Sunflower Oil, Sunflower Lecithin	\$29.99 / 12 pack = \$2.50 / bar	I debated giving this bar the top spot here, but the Smother Fudger Peanut Butter really was delicious. I wish the protein content was higher on these bars because I would love to eat that flavor more often!	<p>● Protein ● Fat ● Carbs</p> <table border="1"> <tr><th>Macro</th><th>Percentage</th></tr> <tr><td>Protein</td><td>21%</td></tr> <tr><td>Fat</td><td>35%</td></tr> <tr><td>Carbs</td><td>44%</td></tr> </table>	Macro	Percentage	Protein	21%	Fat	35%	Carbs	44%
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<b>Square Bar Organic Protein Bar - Chocolate Coated Peanut Butter</b>	Organic Vegan Gluten Free Dairy Free Soy Free Non-GMO	<p><b>8.5</b></p> <p>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.</p>	<p><b>9</b></p> <p>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.</p>	<p><i>Per 48 g bar:</i> 230 cal 13 g protein 11 g fat 21 g carbs (3 g fiber, 12 g sugar)</p>	<p><i>7 flavors:</i> 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</p>	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.	<p>● Protein ● Fat ● Carbs</p> <table border="1"> <tr><th>Macro</th><th>Percentage</th></tr> <tr><td>Protein</td><td>22%</td></tr> <tr><td>Fat</td><td>42%</td></tr> <tr><td>Carbs</td><td>36%</td></tr> </table>	Macro	Percentage	Protein	22%	Fat	42%	Carbs	36%
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<b>Vega Sport Protein Bar - Chocolate Peanut Butter</b>	Vegan Gluten Free Dairy Free Soy Free Non-GMO	<p><b>8</b></p> <p>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.</p>	<p><b>9</b></p> <p>A nice chocolate coating (though it melts easily in your hand) and some good chunks inside the bar.</p>	<p><i>Per 60 g bar:</i> 260 cal 15 g protein 11 g fat 27 g carbs (3 g fiber, 16 g sugar)</p>	<p><i>2 flavors:</i> Chocolate Peanut Butter Chocolate Coconut</p>	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.	<p>● Protein ● Fat ● Carbs</p> <table border="1"> <tr><th>Macro</th><th>Percentage</th></tr> <tr><td>Protein</td><td>22%</td></tr> <tr><td>Fat</td><td>37%</td></tr> <tr><td>Carbs</td><td>40%</td></tr> </table>	Macro	Percentage	Protein	22%	Fat	37%	Carbs	40%
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<b>D's Naturals Now Cow Bar - Chocolate Fudge Brownie</b>	Vegan Gluten Free Dairy Free Soy Free Non-GMO	<b>8.5</b> Deep and fudgy flavor! It's not overly sweet, although it does toe the line pretty closely.	<b>8.5</b> 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.	<i>Per 60 g bar:</i> 170 cals 20 g protein 5 g fat 27 g carbs (19 g fiber, 1 g sugar, 4 g sugar alcohols)	<i>8 flavors:</i> 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!).	
<b>GoMacro MacroBar - Peanut Butter + Chocolate Chip</b>	Organic Vegan Gluten Free Dairy Free Soy Free Non-GMO Kosher	<b>8.5</b> Not overly sweet. Good peanut butter flavor with some chocolate chips.	<b>8</b> Easy to chew and not overly sticky like you might think it could be by looking at it.	<i>Per 69 g bar:</i> 290 cals 11 g protein 11 g fat 37 g carbs (2 g fiber, 14 g sugar)	<i>4 protein flavors:</i> 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.	
<b>NuGo Slim Protein Bar - Dark Mint Chocolate Chip</b>	Vegan Gluten Free Non-GMO	<b>8.5</b> Good chocolate and mint flavor, although there is a slight aftertaste that gets in the way of the refreshing mint.	<b>8</b> There's a nice chocolate coating on this bar surrounding a crunchy middle with chunks of what seems to be soy crisps. It lost some points for being a little too hard to bite into.	<i>Per 45 g bar:</i> 180 cals 18 g protein 5 g fat 17 g carbs (6 g fiber, 3 g sugar)	<i>6 flavors:</i> Brownie Crunch Dark Mint Chocolate Chip Espresso Raspberry Truffle Roasted Peanut Toasted Coconut	Protein Blend [Soy Crisp (Soy Protein, Tapioca, Salt), Soy Protein, Rice Protein], Dark Chocolate (Chocolate Liquor, Cane Sugar, Cocoa Butter), Chicory Root, Vegetable Glycerine, Alkalized Cocoa, Rice Bran, Microcrystalline Cellulose, Salt, Natural Flavors, Peppermint Extract	\$24.06 / 12 pack = \$2.00 per bar	This bar has great macros, especially for a vegan bar. I would buy it again despite it being a bit hard to bite in to.	
<b>SimplyProtein Bar - Peanut Butter Chocolate</b>	Vegan Gluten Free Non-GMO Kosher	<b>8.5</b> The peanut butter and chocolate flavors are a little faint, but they're there. Bonus that this bar isn't overly sweet!	<b>7.5</b> 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.	<i>Per 40 g bar:</i> 150 cals 15 g protein 5 g fat 16 g carbs (7 g fiber, 1 g sugar)	<i>10 flavors:</i> 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!	
<b>Evolve Plant-Based Protein Bar - Peanut Butter and Jelly</b>	Vegan Gluten Free Dairy Free Soy Free Non-GMO	<b>8.5</b> The flavor of this bar is really great - it actually tastes like peanut butter and jelly.	<b>7.5</b> 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.	<i>Per 52 g bar:</i> 210 cals 10 g protein 9 g fat 26 g carbs (2 g fiber, 11 g sugar, includes 9 g added sugar)	<i>4 flavors:</i> 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.	



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<b>Enjoy Life Chocolate Protein Bites - Dark Raspberry</b>	Vegan Gluten Free Dairy Free Nut Free Soy Free Non-GMO	<b>8.5</b> These fun little truffle-like treats have plenty of chocolate and raspberry flavor with no weird tastes involved.	<b>7.5</b> I really liked the soft chocolatey shell contrasted with the raspberry and chocolate core. I think the core suffered from raspberry seeds getting in the way and it read the tiniest bit dry on the inside.	<i>Per 36 g serving:</i> 170 cals 6 g protein 10 g fat 17 g carbs (2 g fiber, 11 g sugar)	<i>4 flavors:</i> Cinnamon Spice Dark Raspberry Dipped Banana Sunseed Butter	Semi-sweet chocolate (unsweetened chocolate, cane sugar, cocoa butter), sunflower protein, sugar cane syrup (cane sugar, water), tapioca syrup, cocoa butter, roasted & salted pumpkin seeds (pumpkin seeds, safflower oil, salt), rice protein, cocoa powder, dried raspberries, safflower oil, natural flavor, citric acid.	\$6.99 / 6.4 oz bag = \$1.40 per serving	I know these aren't actually protein bars, but wasn't sure where else to put them!	<p>Protein 13% Fat 49% Carbs 37%</p>
<b>thinkThin Plant Based High Protein Bar - Sea Salt Chocolate Almond</b>	Vegan Gluten Free Non-GMO	<b>8.5</b> There's a nice flavor to this bar that reminds me of a chocolate peanut butter bar (except this one is almonds)... I just wish it wasn't so sweet!	<b>7</b> Although this bar has a nice chocolate coating, the inside is somewhat dry and crumbly. The tiny bits of almond inside give me a little bit of extra texture.	<i>Per 55 g bar:</i> 230 cals 13 g protein 9 g fat 28 g carbs (3 g fiber, 4 g sugar, includes 3 g added sugar, 18 g sugar alcohol)	<i>2 flavors:</i> Chocolate Mint Sea Salt Chocolate Almond	Protein Blend (Pea Protein, Brown Rice Protein, Pumpkin Protein), Maltitol, Vegetable Glycerin, Organic Dark Chocolate Coating (Organic Chocolate Liquor, Evaporated Organic Cane Sugar, Organic Cocoa Butter, Organic Vanilla), Almonds, Alkalized Cocoa, Sunflower Oil, Natural Flavor, Sunflower Lecithin, Cocoa Butter, Sea Salt, Organic Stevia Leaf Extract	\$22.00 / 12 pack = \$1.83 per bar	These bars are decent in terms of taste and texture, but the amount of sugar alcohol (18 grams!) would keep me away from them in the future. My gut just can't handle that much.	<p>Protein 21% Fat 33% Carbs 46%</p>
<b>Tone It Up Plant Based Protein Bites - Peanut Butter</b>	Gluten Free Non-GMO	<b>Peanut Butter - 7.5</b> Decent level of peanut butter flavor without the bitterness that some bars have. I would have liked a tiny bit more sweetness and a stronger PB flavor though.  <b>Snickerdoodle - 8</b> I was pleasantly surprised with the good cinnamon flavor here despite the aesthetics of this bite. I could have used more sweetness here too.	<b>Peanut Butter - 8</b> Wasn't really sure what to expect with these bites, but they have a good texture that's kind of a cross between a protein cookie and a protein bar. It's got some chunks of peanuts inside for a nice bite along with a slightly chewy base.  <b>Snickerdoodle - 7</b> There are a lot of chunks throughout this bite, including pieces of peanuts and visible pumpkin seeds. Luckily they managed to keep this bite from being too dry.	<i>Per 36 g serving (3 bites):</i> 140 cals 8 g protein 5 g fat 16 g carbs (4 g fiber, 7 g sugar)	<i>3 flavors:</i> Chocolate Brownie Snickerdoodle Peanut Butter	Protein Blend (Pea Protein Isolate, Pea Crisps [Pea Protein, Rice Starch]), Peanuts, Honey, Organic Tapioca Syrup, Chicory Root Fiber, Gluten Free Oats, Water, Natural Flavor (Includes Peanut and Sesame Oil), Oat Fiber, Psyllium Husk, Partially Defatted Peanut Flour, High Oleic Sunflower Oil, Sea Salt, Sunflower Lecithin	\$6.99 / 12 bites = \$0.58 per bite (\$1.75 per serving)	I debated whether to include these in my protein bar comparison or my protein cookie comparison. When I saw the package, I thought for sure that they were cookies, but instead they were like miniature bars.  What I really like about these bites is that you can get just a little taste to help satisfy a craving or a little bit of hunger rather than a giant protein bar.  You can buy these at Target for much cheaper than on Amazon.	<p>Protein 23% Fat 32% Carbs 45%</p>

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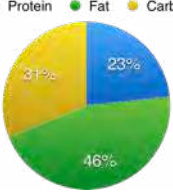

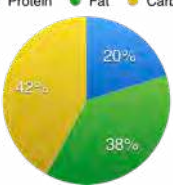
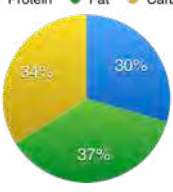
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<b><u>Aloha Protein Bar - Chocolate Fudge Brownie</u></b>	Organic Vegan Gluten Free Dairy Free Soy Free	<b>8</b> There is a good flavor to this bar, the chocolate comes through (as does the cashew butter) and there are little melty bits of chocolate throughout.	<b>7.5</b> 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.	<i>Per 65 g bar:</i> 260 cals 18 g protein 11 g fat 25 g carbs (5 g fiber, 11 g sugar)	<i>6 flavors:</i> 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!	
<b><u>Clif Bar Nut Butter Filled Bar - Chocolate Hazelnut Butter</u></b>	Organic Non-GMO	<b>8</b> I really enjoy the combination of the sort of oatmeal flavor on the outside surrounding a chocolate hazelnut butter filling.	<b>7</b> The oatmeal outside is easy to bite into and has a nice chew, but the filling isn't enough to keep it from feeling slightly dry.	<i>Per 50 g bar:</i> 230 cals 6 g protein 11 g fat 27 g carbs (3 g fiber, 10 g sugar, includes 7 g added sugar)	<i>6 flavors:</i> Banana Chocolate Peanut Butter, Blueberry Almond Butter, Caramel Chocolate Peanut Butter, Chocolate Hazelnut Butter, Coconut Almond Butter, Peanut Butter	Organic Nut Butter Blend (Organic Hazelnut Butter, Organic Cashew Butter, Organic Almond Butter), Organic Brown Rice Syrup, Organic Rolled Oats, Organic Oat Flour, Organic Pea Protein, Organic Date Paste, Organic Tapioca Syrup, Organic High Oleic Sunflower Oil, Organic Dried Cane Syrup, Organic Cane Syrup, Organic Rice Starch, Organic Brown Rice Protein, Organic Palm Oil, Organic Rice Flour, Organic Alkalized Cocoa, Vegetable Glycerin, Natural Flavors, Sea Salt, Organic Unsweetened Chocolate, Organic Coconut, Organic Cocoa, Sunflower Lecithin, Mixed Tocopherols (Antioxidant).	\$19.08 / 12 pack = \$1.59 / bar	You'll see this bar in with all the protein bars, but don't be fooled! It's got a little bit of protein, but as you can see from the macro pie chart, protein only accounts for a small portion of the calories in this bar. Despite good taste and texture, I had to bump it down a few spots on the list because of the macros.	
<b><u>WOLO Protein WanderBar</u></b>	Gluten Free Soy Free	<b>Cocoa Crunch Frequent Flyer (7.5):</b> The cocoa flavor has a little twinge of artificiality and I wasn't really sure what flavor the top coating was.  <b>Peanut Butter Road Tripper (8):</b> I like the peanut butter flavor here but it tastes like it's missing a little oomph...that said, the sweetness level is perfect.	<b>7.5</b> I like that these bars have a gooey topping flecked with chocolate chips or peanut chunks to keep things interesting, but that topping sticks to the wrapper really badly. Under the topping, the bar itself reminds me of a marshmallow treat, complete with some of the stickiness.	<i>Per 55 g bar:</i> 210 cals 15 g protein 10 g fat 23 g carbs (12 g fiber, 5 g sugar)	<i>6 flavors:</i> Cocoa Crunch Lemon Cake Mint Chocolate Chip Peanut Butter S'mores Salted Caramel	Protein Blend (Whey Protein Isolate, Milk Protein Isolate, Whey Protein Concentrate, Pea Protein), Prebiotic Dietary Tapioca Fiber, Tapioca Syrup, Almonds, Chocolate Chips (Sugar, Chocolate Liquor, Cocoa Butter), Coconut Oil, Flaxseed, Cocoa (Processed with Alkali), Natural Flavors, Vegetable Glycerine, Coconut Flour, Tapioca Starch, Water, Sunflower Lecithin, Turmeric, Calcium Carbonate, Ascorbic Acid, Cinnamon, Sea Salt, Purified Stevia Extract, Zinc Gluconate.	\$24.99 / 12 pack = \$2.08 per bar	I found these at a Whole Foods type grocery store (Central Market for my Texas friends).	
<b><u>One Plant Protein Bar - Chocolate Peanut Butter</u></b>	Vegan Gluten Free Non-GMO	<b>7.5</b> I don't taste a ton of peanut butter flavor in this bar (or chocolate for that matter) and it's a little on the sweet side for me.	<b>8</b> A nice soft, candy bar-like texture complete with an all around chocolate coating. There are also some chunks of peanuts inside to give some textural interest.	<i>Per 45 g bar:</i> 180 cals 12 g protein 8 g fat 21 g carbs (8 g fiber, 1 g sugar, 6 g sugar alcohol)	<i>4 flavors:</i> Banana Nut Bread, Carrot Cake, Chocolate Peanut Butter, Churro	Protein Blend (Pea Protein, Rice Protein, Defatted Peanut Flour, Almond Protein), Soluble Corn Fiber, Maltitol, Vegetable Glycerin, Palm Kernel Oil, Peanuts, Cocoa Powder (Processed With Alkali), Natural Flavors, Pea Starch, Sunflower Lecithin (An Emulsifier), Sea Salt, Rice Flour, Calcium Carbonate And Monk Fruit Extract	\$24.99 / 12 pack = \$2.08 / bar	Because of the sugar alcohol in this bar, macro math adds up to 204 calories instead of the 180 listed on the label.	

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<b>Real Food Bar - Chocolate Sea Salt</b>	Vegan Gluten Free Non-GMO No Sugar Alcohol	<b>7</b> Not much sweetness to speak of with this bar, and the chocolate flavor is not pronounced.	<b>8</b> This one is just slightly sticky on the outside, but it actually has a nice soft chew to it with plenty of crunchy bits (and I think little pieces of chocolate?) inside.	<i>Per 60 g bar:</i> 210 cal 15 g protein 10 g fat 23 g carbs (11 g fiber, 7 g sugar, incl. 6 g added sugar)	<i>3 flavors:</i> Cherry Cashew Chocolate Sea Salt Peanut Butter	Pea Protein, Cashew Butter, Soluble Tapioca Fiber, Organic Agave Syrup, Organic Unsweetened Chocolate, Organic Cocoa, Organic Coconut Flour, Pea Protein Crisps (Pea, Rice Starch), Organic Coconut Oil, Organic Dried Vegetables (Kale, Sweet Potato, Cauliflower), Sea Salt, Vanilla Extract, Sunflower Lecithin.	\$17.94 / 6 pack = \$2.99 per bar	I found this bar at my local grocery store.	<p>● Protein ● Fat ● Carbs</p>
<b>RxBar - Chocolate Sea Salt</b>	Paleo Gluten Free Dairy Free Soy Free Non-GMO	<b>8</b> This bar has a nice, deep chocolate flavor that's set off by the sea salt.	<b>6.5</b> 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.	<i>Per 52 g bar:</i> 210 cal 12 g protein 9 g fat 24 g carbs (6 g fiber, 15 g sugar)	<i>11 flavors:</i> 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	<i>Bonus Flavor Review:</i> 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.	<p>● Protein ● Fat ● Carbs</p>
<b>Siren Protein Bites</b>	Vegan Gluten Free Dairy Free Soy Free Non-GMO	<b>Cookie Dough: 6.5</b> Really not a lot of flavor to this one...I get a little bit of the chocolate chip flavor but overall it tastes a little cardboard-y.  <b>Dark Chocolate Brownie: 8</b> I definitely get the brownie flavor but I still get a hint of pea protein. I could also use a little bit more sweetness.  <b>Snickerdoodle: 7</b> The cinnamon tastes really good at first but then really hits you strong as you breathe. It has a bite like there's ginger in it, but I don't see it on the ingredients list.	<b>7.5</b> These have an interesting texture because they're not your typical bar. They're slightly crumbly but not dry and they chew easily.	<i>Per 48 g bag:</i> 200 cal 12 g protein 8 g fat 21 g carbs (4 g fiber, 11 g sugar)	<i>3 flavors:</i> Cookie Dough Dark Chocolate Brownie Snickerdoodle	Plant Protein Blend (Pea Protein, Flaxseed), Organic Tapioca Syrup, Coconut Oil, Dates, Organic Coconut Sugar, Prebiotic Fiber, Vegetable Glycerin, Organic Chocolate Chips (Organic Chocolate Liquor, Organic Cane Sugar, Organic Cocoa Butter), Dutch Cocoa, Sea Salt, Monk Fruit Extract, Stevia	\$18.99 / 6 bags = \$3.17 / bag	I really like that each little bag is one serving, so you can take one to work with you and snack on it throughout the day instead of being stuck with an entire bar at once.  The nutrition info and ingredients are for the Dark Chocolate Brownie flavor.	<p>● Protein ● Fat ● Carbs</p>



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<b><u>Ancient Nutrition Bone Broth Protein Bar - Peanut Butter Chocolate Chip</u></b>	Gluten Free Non-GMO	<b>7.5</b> This bar has a pretty good flavor, the peanut butter is pretty pronounced but there's not much chocolate chip flavor.	<b>7.5</b> This bar is slightly chewy but doesn't stick to your teeth. It's got some chunks of cashews throughout as well as soft chocolate chips.	<i>Per 55 g bar:</i> 230 cals 15 g protein 13 g fat 20 g carbs (9 g fiber, 8 g sugar 1 g sugar alcohol)	Peanut Butter Chocolate Chip, Salted Chocolate	Organic Peanut Butter, Chicory Root Fiber, Chicken Bone Broth Protein Concentrate, Grass Fed Whey Protein Concentrate, Organic 100% Cacao Chocolate Chips, Organic Cashews, Organic Clover Honey, Organic Coconut Nectar, Cassava Root Fiber, Organic Cashew Butter, Organic Dates, Organic Vegetable Glycerin, Sunflower Lecithin, Organic Coconut Oil, Sea Salt, Natural Flavors, Stevia	\$39.48 / 12 pack = \$3.29 / bar	When I saw this bar in the store, I assumed it was going to be a dairy free bar, but it turned out to use both whey and bone broth as the protein source.	
<b><u>Garden of Life Organic Sport Protein Bar - Chocolate Fudge</u></b>	Organic Vegan Gluten Free Dairy Free Soy Free	<b>7</b> I found these bars too sweet for my taste, though you can taste the chocolatey flavor.	<b>7.5</b> 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.	<i>Per 75 g bar:</i> 280 cals 20 g protein 9 g fat 34 g carbs (10 g fiber, 8 g sugar)	<i>4 flavors:</i> 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.	
<b><u>Orgain Plant Based Protein Bar - Chocolate Almond Sea Salt</u></b>	Vegan Gluten Free Dairy Free Organic	<b>7.5</b> Kind of a fudge chocolate flavor, though I don't really notice the effect of the sea salt here. I also don't really taste the almond flavor (which is fine with me).	<b>7</b> When I first got a peek at the bar, it reminded me a lot of the texture of RX bars. I thought this one was less sticky and easier to eat though. I do wish it had more chunks of almond or something to make it more interesting.	<i>Per 58 g bar:</i> 220 cals 12 g protein 10 g fat 25 g carbs (8 g fiber, 14 g sugar)	<i>3 flavors:</i> Blueberry Almond, Chocolate Almond Sea Salt, Chocolate Peanut Butter	Organic Date Syrup (Dates, Water), Organic Peanut Flour, Organic Almond Butter, Organic Date Paste, Organic Almonds, Organic Natural Flavors, Organic Alkalinized Cocoa, Organic Chia Protein, Water, Sea Salt.	\$26.99 / 12 pack = \$2.25 per bar	This seems like Orgain's effort to replicate RxBar's "no junk" simplicity.	
<b><u>Julian Bakery Paleo Protein Bars - Devil's Food Cake</u></b>	Paleo Vegetarian Gluten Free Dairy Free Soy Free Non-GMO	<b>7.5</b> 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.	<b>6.5</b> 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).	<i>Per 63 g bar:</i> 220 cals 20 g protein 11 g fat 23 g carbs (18 g fiber, 2 g sugar)	<i>16 flavors:</i> 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.  <i>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.</i>	

Quest for the Best - Natural Protein Bar

	Categories	Taste	Texture	Nutrition	Flavors	Ingredients	Value	Notes	Macro Content (% of total calories)
<b><u>Primal Kitchen - Dark Chocolate Almond</u></b>	Paleo Gluten Free Dairy Free Soy Free Non-GMO	<b>7</b> Not much sweetness to speak of with this bar, and the chocolate flavor is not pronounced.	<b>6</b> Quite sticky and a bit hard to bite into. Large chunks of almonds give it some crunch.	<i>Per 48 g bar:</i> 230 cal 15 g protein 15 g fat 14 g carbs (6 g fiber, 3 g sugar)	<i>5 flavors:</i> 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).	
<b><u>OWYN Plant-Based Bar - Dark Chocolate Sea Salt</u></b>	Gluten Free Dairy Free Soy Free Non-GMO Peanut Free	<b>6.5</b> Not a ton of chocolate flavor or sweetness because of the abundance of pumpkin seeds.	<b>6</b> This bar is chock-full of pumpkin seeds with a bit of chocolatey binder throughout. I kind of felt like I just ate a handful of seeds with some chocolate chips.	<i>Per 50 g bar:</i> 240 cal 10 g protein 13 g fat 20 g carbs (5 g fiber, 7 g sugar)	<i>3 flavors:</i> Chocolate Chip & Cranberry, Chocolate Chip Cookie Dough, Dark Chocolate & Sea Salt	OWYN Protein Blend (Pumpkin seeds, pea protein isolate, chia seeds), brown rice syrup, semi-sweet chocolate chips (sugar, chocolate liquor, cocoa butter, sunflower oil [an emulsifier], vanilla extract), chicory root fiber, cocoa powder, sunflower oil, cane sugar, natural flavors, sea salt	\$18.99 / 12 pack = \$1.58 per bar	Unless you're a huge pumpkin seed fan or are in a pinch, I don't really think this bar is worth the macros, though it is very reasonably priced.	
<b><u>Perfect Bar - Dark Chocolate Chip Peanut Butter with Sea Salt</u></b>	Organic Gluten Free Soy Free Non-GMO	<b>6</b> This bar almost has a burnt peanut butter flavor with next to zero chocolate taste (even though you can see the chocolate swirls).	<b>6</b> 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).	<i>Per 65 g bar:</i> 320 cal 15 g protein 19 g fat 25 g carbs (3 g fiber, 18 g sugar)	<i>12 flavors:</i> 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	Organic 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 Dulce, 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.	
<b><u>Oatmega Protein Bar - Brownie Crisp</u></b>	Gluten Free Grass Fed Non-GMO	<b>5.5</b> 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.	<b>6</b> These bars are small compared to others I tasted. They're also dry and a little crumbly with too many crisps throughout.	<i>Per 50 g bar:</i> 190 cal 14 g protein 7 g fat 21 g carbs (7 g fiber, 5 g sugar)	<i>8 flavors:</i> 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't think I'll be buying again.	

Quest for the Best - Natural Protein Bar

	Categories	Taste	Texture	Nutrition	Flavors	Ingredients	Value	Notes	Macro Content (% of total calories)
<b><u>Buff Bake Fuelbar + MCT - Peanut Butter Cacao</u></b>	Gluten Free Dairy Free Keto No Sugar Alcohol	<b>4</b> This bar really borders on the edge of savory and has some weird flavor that I can't really put my finger on...a little smokey maybe? I didn't catch much peanut butter flavor.	<b>7.5</b> Although this bar doesn't have a coating of any sort and looks really crumbly when you look at it, it has lots of crunchy texture on the inside and is a pretty good balance between softness and chewiness.	<i>Per 50 g bar:</i> 220 cals 12 g protein 14 g fat 17 g carbs (13 g fiber, 1 g sugar, 0 g added sugar)	Peanut Butter, Prebiotic Fiber Syrup, Peanut Pieces, Pea Protein, Pea Protein Crisps, Cacao Nibs, Peanut Flour, Glycerin, Natural Flavors, Peanut Oil, MCT Powder, Sea Salt, Monk Fruit.	<i>3 flavors:</i> Cinnamon Crunch, Peanut Butter Cacao, Vanilla Almond	\$32.99 / 12 pack = \$2.75 per bar		
<b><u>Health Warrior Superfood Protein Bar - Peanut Butter Cacao</u></b>	Vegan Gluten Free Dairy Free Soy Free Non-GMO	<b>6</b> I couldn't really detect the peanut butter or cacao flavor in this bar.	<b>5.5</b> 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.	<i>Per 50 g bar:</i> 200 cals 10 g protein 8 g fat 25 g carbs (5 g fiber, 11 g sugar)	<i>5 flavors:</i> 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.	
<b><u>Rise Bar - Cacao Banana</u></b>	Gluten Free Soy Free Non-GMO Kosher	<b>5.5</b> 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.	<b>5.5</b> These bars are hard to bite into and once you get chewing, they really get stuck in your teeth.	<i>Per 60 g bar:</i> 260 cals 17 g protein 15 g fat 22 g carbs (5 g fiber, 15 g sugar)	<i>8 flavors:</i> 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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