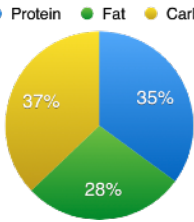
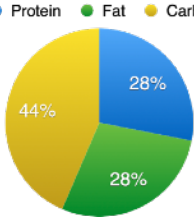
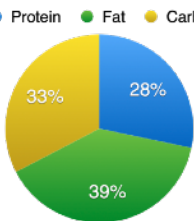
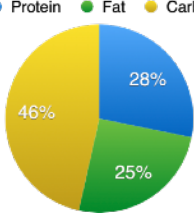
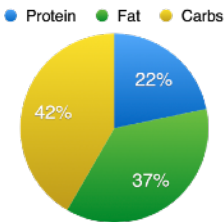
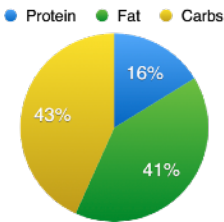
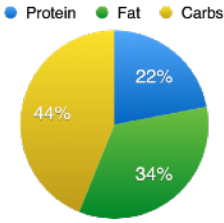
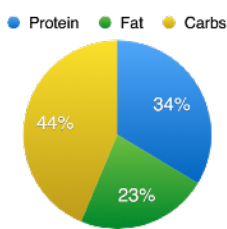
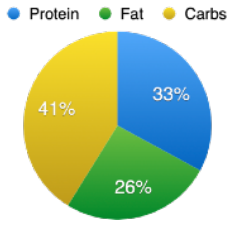
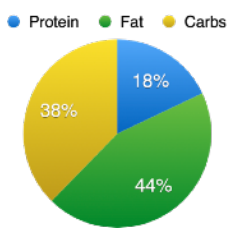
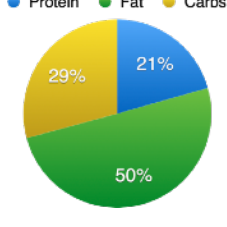
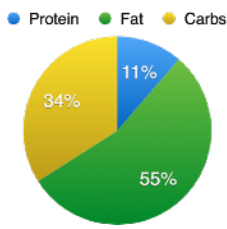
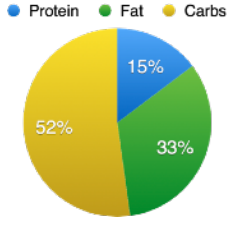
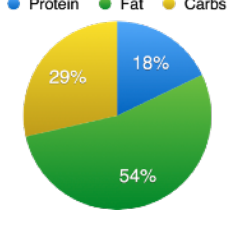
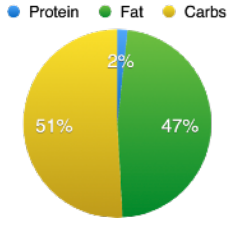


Quest for the Best - Natural Protein Bar									
	Taste	Texture	“Natural” Categories	Nutrition	Macro Content (% of total calories)	Flavors	Ingredients	Value	Notes
<u>NuGo Slim Protein Bar</u>	<p>Crunchy Peanut Butter (8): Decent peanut butter flavor but I thought it needed a bit more sweetness.</p> <p>Dark Mint Chocolate Chip (9): Really nice chocolate and refreshing mint flavor.</p>	<p>8</p> <p>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.</p>	Vegan Gluten Free Non-GMO	<p><i>Per 45 g bar:</i></p> <p>170 cals 17 g protein 6 g fat 18 g carbs (6 g fiber, 3 g sugar, incl. 3 g added sugar)</p>		<p><i>6 flavors:</i></p> <p>Brownie Crunch, Chocolate Mint, Crunchy Peanut Butter, Espresso, Raspberry Truffle, Roasted Peanut, Toasted Coconut</p>	Protein blend [soy crisp (soy protein, alkalized cocoa, tapioca, salt), soy protein, rice protein], dark chocolate (unsweetened chocolate, cane sugar, cocoa butter), vegetable fiber (inulin), vegetable glycerin, sunflower oil, cocoa rice crisp (rice flour, cane sugar, alkalized cocoa, salt), alkalized cocoa, natural flavors, soy lecithin, salt, peppermint extract	\$24.00 / 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.
<u>Clif Bar Builder’s Protein Bar</u>	<p>Chocolate (6): The chocolate flavor was decent, but I got a really artificial taste overall.</p> <p>Chocolate Peanut Butter (8.5): I think the peanut butter was a little distracting in this bar when you put it up against a stack of all chocolate bars (I know, I know – I can’t believe I’m saying it either). The PB flavor was just a touch bland, but I did</p>	<p>10</p> <p>This bar overall is a little bigger than most of the others and has some nice layers and crunch to it.</p>	Dairy Free Gluten Free Non-GMO	<p><i>Per 68 g bar:</i></p> <p>280 cals 20 g protein 9 g fat 31 g carbs (3 g fiber, 17 g sugar, incl. 17 g added sugar)</p>		<p><i>6 flavors:</i></p> <p>Chocolate, Chocolate Chip Cookie Dough, Chocolate Mint, Chocolate Peanut Butter, Cookies ‘n Cream, Vanilla Almond</p>	Soy Protein Isolate, Cane Syrup*, Cane Sugar*, Brown Rice Syrup*, Palm Kernel Oil, Vegetable Glycerin, Soy Flour*, Rice Flour*, Chicory Fiber Syrup, Peanuts*, Natural Flavors, Peanut Butter*, Cocoa Butter, Cocoa, Soy Protein Concentrate*, Sunflower And/Or Soybean Oil, Salt, Rice Starch, Soy Lecithin, Mixed Tocopherols (Antioxidant)	\$25.44 / 12 pack = \$2.12 / bar	If you can afford to fit the extra carbs in your daily macros or are sensitive to artificial sweeteners, this bar is a good choice. It’s also gluten free.
<u>SimplyProtein Bar - Peanut Butter Chocolate</u>	<p>8</p> <p>The peanut butter and chocolate flavors are a little faint, but they’re there. Bonus that this bar isn’t overly sweet!</p>	<p>7.5</p> <p>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.</p>	Vegan Gluten Free Non-GMO Kosher	<p><i>Per 40 g bar:</i></p> <p>170 cals 13 g protein 8 g fat 15 g carbs (7 g fiber, 2 g sugar, incl. 2 g added sugar)</p>		<p><i>3 flavors:</i></p> <p>Dark Chocolate Almond, Lemon Coconut, Peanut Butter Chocolate</p>	Soy protein crisps (soy protein isolate, tapioca starch, sea salt), Peanuts, Chicory root fibre, Vegetable glycerin, Unsweetened chocolate, Brown rice crisp (brown rice), Natural peanut butter, Cane sugar, Peanut oil, Sunflower oil blend (sunflower oil, mixed tocopherols, rosemary extract), Natural flavours, Sea salt.	\$22.29 / 12 pack = \$1.86 / bar	SimplyProtein also offers a dipped bar with around 7 grams of protein per bar.
<u>PROBAR BASE Protein Bar - Cookie Dough</u>	<p>8.5</p> <p>Just a touch sweeter than I would like, but I definitely pick up the cookie dough flavor.</p>	<p>10</p> <p>This bar has it all...a thin chocolate coating, a creamy layer of cookie dough, and a big layer of crunchy bits to keep things exciting.</p>	Dairy Free Gluten Free Non-GMO	<p><i>Per 70 g bar:</i></p> <p>270 cals 20 g protein 8 g fat 33 g carbs (7 g fiber, 12 g sugar, incl. 12 g added sugar)</p>		<p><i>5 flavors:</i></p> <p>Chocolate Brownie, Coffee Crunch Cookie Dough, Mint Chocolate, Peanut Butter Chocolate, Sea Salt Caramel</p>	Soy Protein Isolate, Tapioca Syrup, Soluble Tapioca Fiber, Sugar, Vegetable Glycerin, Palm Kernel Oil, Unsweetened Chocolate, Safflower Oil, Cocoa, Natural Flavor, Almond Butter (Almonds), Tapioca Starch, Cocoa (Processed With Alkali), Sea Salt, Sunflower Lecithin, Salt, Soy Lecithin	\$29.99 / 12 pack = \$2.50 / bar	This bar is a little bigger than a lot of bars on the list (70 grams vs a typical 50-60 grams) and it has the calorie content to show for it. <i>But</i> , the texture of this bar is top notch, the ingredients list is pretty innocent, and the flavor is great too. They’re gluten free, non-GMO and plant based too.

Quest for the Best - Natural Protein Bar									
	Taste	Texture	“Natural” Categories	Nutrition	Macro Content (% of total calories)	Flavors	Ingredients	Value	Notes
<u>TRUBAR Vegan Protein Bar</u>	Daydreaming About Donuts (6): 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.	8.5 These bars have a great coating and are soft and chewy, but there’s not much textural interest inside the bar itself.	Vegan Gluten Free Dairy Free Soy Free	<i>Per 50 g bar:</i> 190 cal 12 g protein 9 g fat 23 g carbs (12 g fiber, 8 g sugar, includes 7 g added sugar)		<i>8 flavors:</i> Daydreaming About Donuts, It’s Mint to Be Chip, Get in My Belly PB& Jelly, Oh Oh Cookie Dough, Saltylicious Almond Love, Smother Fudger Peanut Butter, Whipped for Key Lime, Whole Lotta Macchiato	Tapioca Fiber and Cassava Blend, Plant Fueled Protein Blend (Whole Grain Rice Protein, Organic Pea Protein), Peanut Butter, Cane Sugar, Palm Oil, Cocoa Powder, Peanut Flour, Sea Salt, Sunflower Oil, Sunflower Lecithin	\$29.99 / 12 pack = \$2.50 / bar	While this bar has solid macros for a vegan option, the first ingredient is tapioca fiber, which makes it hard for me to eat a whole bar.
	Oh Oh Cookie Dough (7): Decent cookie dough flavor but I thought it was just too sweet.								
	Smother Fudger Peanut Butter (8.5): The chocolate is nice but the peanut butter flavor is a little lackluster and tastes almost burnt?								
	Zamn Good Zesty Lemon (7): 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.								
<u>Luna Whole Nutrition Bar</u>	Chocolate Chip Cookie Dough (7.5): This one is also a little on the sweet side for me but the cookie dough flavor is there.	7.5 Depending on the flavor, there’s a nice chewy chocolate layer on top of the bar with a drizzle of chocolate and a thin coat of chocolate on the bottom. The bar itself can be a little dry, but has nice texture and chew - a great option if you don’t like soft bars.	Dairy Free Gluten Free Non-GMO Organic Oats	<i>Per 48 g bar:</i> 210 cal 9 g protein 10 g fat 24 g carbs (3 g fiber, 7 g sugar, incl. 6 g added sugar)		<i>9 flavors:</i> Blueberry Bliss, Chocolate Cupcake, Chocolate Dipped Coconut, Chocolate Peppermint Stick, Lemonzest, Lemonzest + Blueberry, Lemonzest + Raspberry, Nutz Over Chocolate, White Chocolate Macadamia	Protein grain blend (soy protein isolate, rolled oats*, rice flour*, roasted soybeans*, soy flour*), brown rice syrup*, peanuts*, cane sugar*, peanut butter*, chicory fiber syrup, vegetable glycerin, peanut flour*, palm kernel solids*, sunflower and/or soybean oil, natural flavors, cocoa*, palm kernel oil, salt, soy lecithin*, mixed tocopherols (antioxidant). * = organic	\$20.57 / 15 pack = \$1.37	
	Chocolate Cupcake (8): The chocolate flavor isn’t particularly strong, but it’s tasty. Unfortunately it has a bit of an artificial aftertaste.								
	Nutz Over Chocolate (8.5): I didn’t get a lot of peanut butter flavor in this bar, but I like that it wasn’t overly sweet.								
<u>think! Plant Based High Protein Bar - Sea Salt Chocolate Almond</u>	8.5 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!	7 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.	Vegan Gluten Free Non-GMO	<i>Per 55 g bar:</i> 220 cal 13 g protein 9 g fat 26 g carbs (3 g fiber, 5 g sugar, includes 5 g added sugar, 9 g sugar alcohol)		<i>3 flavors:</i> Chocolate Mint, Peanut Butter Chocolate Chip, Sea Salt Chocolate Almond	Protein Blend (Pea Protein, Brown Rice Protein, Pumpkin Protein), Maltitol Syrup, Vegetable Glycerin, Almonds, Sugar, Unsweetened Chocolate, Alkalized Cocoa, Sunflower Oil, Cocoa Butter, Natural Flavor, Sunflower Lecithin, Sea Salt, Organic Stevia Leaf Extract.	\$23.99 / 10 pack = \$2.40 per bar	

Quest for the Best - Natural Protein Bar									
	Taste	Texture	“Natural” Categories	Nutrition	Macro Content (% of total calories)	Flavors	Ingredients	Value	Notes
<u>Lenny & Larry’s Cookie-fied Bar</u>	Cookies & Creme (8): I get more cookie flavor from this bar than the other flavor I tried, and I really like the cookie crumbles on top. Peanut Butter Chocolate Chip (6.5): The peanut butter flavor is just okay, borderline savory, and there’s not much chocolate in there to help it out.	6 I found this bar simultaneously sticky and crumbly, but it does have some chips in there to keep things a little interesting.	Plant Based Gluten Free Non-GMO	<i>Per 45 g bar:</i> 160 cals 12 g protein 5 g fat 22 g carbs (5 g fiber, 6 g sugar, incl. 5 g added sugar)		<i>4 flavors:</i> Chocolate Almond Sea Salt, Cookies & Creme, Peanut Butter Chocolate Chip, Strawberries & Creme	Protein Blend (brown rice protein, pea protein), Tapioca Syrup, Almonds, Inulin, White Chips (cane sugar, palm kernel and palm oil, natural flavor, sunflower lecithin, salt), Alkalized Cocoa Powder, Organic Agave Syrup, Gluten Free Sugar Cookie Pieces (rice flour, sugar, palm oil, tapioca starch, water, molasses, natural flavors, salt), Organic Whole Grain Oats, Sunflower Oil, Natural Flavor, Sea Salt.	\$16.99 / 9 pack = \$1.89 per bar	
<u>RxBar - Chocolate Sea Salt</u>	Blueberry (7.5): The blueberry flavor is there but not overpowering, although the almond chunks in the bar are large and in charge. Pretty good overall, Chocolate Sea Salt (7.5): This bar has a nice, deep chocolate flavor that’s set off by the sea salt.	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.	Paleo Gluten Free Dairy Free Soy Free Non-GMO	<i>Per 52 g bar:</i> 200 cals 12 g protein 8 g fat 23 g carbs (5 g fiber, 14 g sugar, incl. 0 g added sugar)		<i>9 flavors:</i> Blueberry, Chocolate Sea Salt, Coconut Chocolate, Gingerbread, Peanut Butter, Peanut Butter Chocolate, Pumpkin Spice, Strawberry, Vanilla Almond	Dates, Egg Whites, Almonds, Cashews, 100% Chocolate, Sea Salt, Natural Chocolate Flavor	\$27.99 / 12 pack = \$2.33 / bar	
<u>Aloha Protein Bar</u>	Chocolate Fudge Brownie (8): There is a decent chocolate flavor to this bar, but a bit of an almost alcohol-like aftertaste? Peppermint White Chocolate (8): The peppermint flavor is pretty strong and tasty, but I wish the chocolate came through more.	7.5 Although it looks a little dry and crumbly in the picture, it’s not really. It has a great chocolate coating and is relatively soft to chew.	Organic Vegan Gluten Free Dairy Free Soy Free Non-GMO	<i>Per 56 g bar:</i> 220 cals 14 g protein 9 g fat 26 g carbs (10 g fiber, 5 g sugar, incl. 4 g added sugar)		<i>15 flavors:</i> Blueberry, Coconut Chocolate Almond, Chocolate Caramel Pecan, Chocolate Chip Cookie Dough, Chocolate Fudge, Chocolate Mint, Lemon Cashew, Maple Sea Salt, Oatmeal Chocolate Chip, Peanut Butter Chocolate Chip, Peanut Butter Cup, Peppermint White Chocolate, Pumpkin Spice, Raspberry White Chocolate, Vanilla Almond	Protein Blend (Brown Rice Protein*, Pumpkin Seed Protein*), Tapioca Fiber*, Dark Chocolate* (Chocolate*, Cane Sugar*, Cocoa Butter*), Cashew Butter* (Roasted Cashews*, Sunflower Oil*), Tapioca Syrup*, Vegetable Glycerin*, Cocoa Powder*, Sunflower Butter* (Roasted Sunflower Seeds*, Sunflower Oil*), Cocoa Extract*, Sunflower Lecithin*, Monk Fruit* * = organic	\$32.99 / 12 pack = \$2.75 / 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!
<u>Clif Bar Nut Butter Filled Bar</u>	Chocolate Hazelnut Butter (8): I really enjoy the combination of the sort of oatmeal flavor on the outside surrounding a chocolate hazelnut butter filling. Chocolate Peanut Butter (8.5): Great peanut butter flavor, though it bordered on too sweet.	7.5 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.	Organic Non-GMO	<i>Per 50 g bar:</i> 230 cals 7 g protein 11 g fat 26 g carbs (3 g fiber, 9 g sugar, includes 6 g added sugar)		<i>4 flavors:</i> Chocolate Chip & Peanut Butter, Chocolate Peanut Butter, Chocolate Hazelnut Butter, Peanut Butter	Peanut butter*, rolled oats*, oat flour*, brown rice syrup*, cane syrup*, date paste*, pea protein*, sunflower and/or soybean oil*, rice starch*, tapioca syrup*, palm oil*, peanut flour*, cane sugar*, rice flour*, vegetable glycerin, unsweetened chocolate*, cocoa*, natural flavors, salt, alkalized cocoa*, soy lecithin*, mixed tocopherols (antioxidant). * = organic	\$21.42 / 12 pack = \$1.79 / bar	You’ll see this bar in with all the protein bars, 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.

Quest for the Best - Natural Protein Bar									
	Taste	Texture	“Natural” Categories	Nutrition	Macro Content (% of total calories)	Flavors	Ingredients	Value	Notes
<u>No Cow Dipped Protein Bar</u>	Birthday Cake (6.5): While the birthday cake flavor is great, it’s way too sweet for my preferences.	6 The chocolate coating is really nice, but the inside of the bar is a bit crumbly and gritty.	Dairy Free Vegan Soy Free Gluten Free Non-GMO	Per 60 g bar: 200 cal 20 g protein 6 g fat 26 g carbs (14 g fiber, 1 g sugar, 8 g sugar alcohol)		<i>8 flavors:</i> Birthday Cake, Chocolate Peanut Butter Cup, Chocolate Salted Caramel, Chocolate Sea Salt, Frosted Gingerbread, Key Lime Pie, Sticky Cinnamon Roll, Strawberry Shortcake	Protein Blend (Brown Rice Protein, Pea Protein), Soluble Corn Fiber, Glycerine, Sprinkles (Erythritol, Soluble Corn Fiber, Palm Oil, Natural Colors), Almonds, Sweetener Blend (Erythritol, Stevia, Monk Fruit), Palm Oil, Natural Flavors, Cocoa Butter, Salt, Water, Peanuts	\$32.99 / 12 pack = \$2.75 / bar	
	Chocolate Peanut Butter Cup (7): I thought this bar was a little too sweet and I didn’t get much peanut butter flavor.								
	Chocolate Salted Caramel (6): While tasty, there is a really distinctive nutty flavor in this bar and it’s way too sweet.								
<u>No Cow Bar</u>	Chocolate Fudge Brownie (8.5): Deep and fudgy flavor. It’s not overly sweet, although it does toe the line pretty closely.	6 This bar doesn’t have a coating on the outside and was dry, crumbly, and a little gritty.	Vegan Gluten Free Dairy Free Soy Free Non-GMO	<i>Per 60 g bar:</i> 210 cal 20 g protein 7 g fat 25 g carbs (14 g fiber, 1 g sugar, 7 g sugar alcohols)		<i>9 flavors:</i> Blueberry Cobbler, Chocolate Chip Cookie Dough, Chocolate Fudge Brownie, Chunky Peanut Butter, Cookies and Cream, Lemon Meringue Pie, Peanut Butter Chocolate Chip, Pumpkin Pie, S’mores	Protein Blend (Brown Rice Protein, Pea Protein), Soluble Corn Fiber, Glycerine, Cocoa Nibs, Palm Oil*, Almonds, Cocoa Powder (processed with alkali), Natural Flavors, Salt, Water, Cocoa Butter, Sweetener Blend (Erythritol, Stevia Leaf Reb M, Monk Fruit)	\$32.99 / 12 pack = \$2.75 / bar	I don’t love that the 2nd ingredient in these bars is soluble corn fiber, which means I really can’t eat a whole bar without causing GI issues.
<u>Siren Protein Bites</u>	Chocolate Chip Cookie Dough: 6.5 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.	7.5 These have an interesting texture because they’re not your typical bar. They’re slightly crumbly but not dry and they chew easily.	Vegan Gluten Free Dairy Free Soy Free Non-GMO	<i>Per 48 g bag:</i> 210 cal 10 g protein 11 g fat 21 g carbs (3 g fiber, 9 g sugar, incl. 1 g added sugar)		<i>3 flavors:</i> Cookie Dough Dark Chocolate Brownie Snickerdoodle	Plant Protein Blend (Pea Protein, Almond Protein) Organic Tapioca Syrup Coconut Oil Dates Organic Coconut Sugar Chicory Root Fiber Vegetable Glycerin Organic Chocolate Chips (Chocolate Liquor, Cane Sugar, Cocoa Butter) Dutch Cocoa Organic Cocoa Extract Sea Salt, Monk Fruit Extract	\$30.00 / 10 bags = \$3.00 / 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.
<u>Raw Rev - Peanut Butter Dark Chocolate Sea Salt</u>	6 Not much chocolate in this bar, the dominating flavor is an average peanut butter. I do like that this bar isn’t too sweet.	6 The texture of this bar is kind of similar to the No Cow bar with a slightly crumbly texture. There are a lot of chia seeds in this bar too, which adds a crunchy seed texture that I didn't enjoy.	Vegan Gluten Free Non-GMO	<i>Per 46 g bar:</i> 190 cal 12 g protein 13 g fat 17 g carbs (3 g fiber, 3 g sugar, incl. 1 g added sugar)		<i>4 flavors:</i> Chocolate Chip Cookie Dough, Creamy Peanut Butter and Sea Salt, Double Chocolate Brownie Batter, Peanut Butter Dark Chocolate Sea Salt	Peanuts, isomalto-oligosaccharides (prebiotic from tapioca), protein blend (pea protein isolate, brown rice protein, organic hemp protein, flax protein), organic dark chocolate chips (cane sugar, chocolate liquor, cocoa butter, soy lecithin, vanilla extract), organic chia seeds, sunflower lecithin, organic unrefined extra virgin coconut oil, roasted peanut extract, sea salt.	\$28.99 / 12 pack = \$2.42 per bar	

Quest for the Best - Natural Protein Bar									
	Taste	Texture	“Natural” Categories	Nutrition	Macro Content (% of total calories)	Flavors	Ingredients	Value	Notes
<u>Truvani The Only Bar</u>	Chocolate Brownie (7): Not a ton of brownie flavor, but the sweetness and flavors taste nice and natural.	7.5 This bar looks similar to RXBars, but it’s much more tender and less sticky. Plus it has nuts that are chopped nice and small.	Dairy Free Gluten Free Organic	<i>Per 50 g bar:</i> 230 cals 7 g protein 15 g fat 21 g carbs (6 g fiber, 13 g sugar, incl. 3 g added sugar)		<i>12 flavors:</i> Cherry Chocolate Chip, Chocolate Brownie, Chocolate Chip Banana Bread, Chocolate Chip Cookie Dough, Chocolate Peanut Butter, Coconut Cashew, Lemon Bar, Oatmeal Chocolate Chip, Mint Chocolate Chip, Peanut Butter Chocolate Chip, Snickerdoodle, Sugar Cookie	Organic Almonds, Organic Dates, Organic Maple Syrup, Organic Cocoa, Organic Cacao Nibs, Sea Salt, Organic Peppermint Oil	\$41.99 / 12 pack = \$3.50 per bar	Don’t mistake this one for a protein bar! It only has 7 grams of protein and has more fat content than anything.
	Mint Chocolate Chip (6.5): I don’t get much chocolate flavor and the mint is more of an aftertaste. That said, it’s not bad overall.								
<u>GoMacro MacroBar - Peanut Butter + Chocolate Chip</u>	6 Not much flavor to speak of here and the bar borders on savory.	7 While there are chunks of chocolate in there, I thought it was too tough to bite into and overly chewy.	Organic Vegan Gluten Free Dairy Free Soy Free Non-GMO Kosher	<i>Per 69 g bar:</i> 290 cals 11 g protein 11 g fat 39 g carbs (2 g fiber, 14 g sugar, incl. 13 g added sugar)		<i>14 flavors:</i> Banana + Almond Butter, Blueberry + Cashew Butter, Coconut + Almond Butter + Chocolate Chips, Dark Chocolate + Almonds, Double Chocolate + Peanut Butter Chips, Lemon + Lemon, Maple Sea Salt, Mint Chocolate Chip, Mocha Chocolate Chip, Oatmeal Chocolate Chip, Peanut Butter, Peanut Butter + Chocolate Chip, Salted Caramel Chocolate Chip, 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.	\$38.49 / 12 pack = \$3.21 /bar	There are a couple other flavors of this bar that has about half the protein content, so be sure to check the label!
<u>Perfect Bar - Dark Chocolate Chip Peanut Butter with Sea Salt</u>	6 This bar almost has a burnt peanut butter flavor with next to zero chocolate taste (even though you can see the chocolate chips) and too much sweetness.	6 This bar is tough to bite into and gets a bit crumbly as you chew.	Organic Gluten Free Soy Free Non-GMO	<i>Per 65 g bar:</i> 330 cals 15 g protein 20 g fat 24 g carbs (4 g fiber, 18 g sugar, incl. 12 g added sugar)		<i>13 flavors:</i> Almond Butter, Choco Crisp, Chocolate Brownie, Chocolate Chip Cookie Dough, Chocolate Mint, Chocolate Peanut Butter, Coconut Peanut Butter, Dark Chocolate Almond, Dark Chocolate Peanut Butter, Fruity, Hazelnut Crisp, Peanut Butter, Pumpkin Pie,Salted Caramel	Peanut Butter*, Honey*, Nonfat Dry Milk*, Dark Chocolate* (Chocolate*†, Cane Sugar*†, Cocoa Butter*†), Dried Whole Egg Powder*, Rice Protein*, Sea Salt, Dried Whole Food Powders (Kale*, Flax Seed*, Rose Hip*, Orange*, Lemon*, Papaya*, Tomato*, Apple*, Alfalfa*, Celery*, Kelp*, Dulse*, Carrot*, Spinach*), Flax Seed Oil*, Sesame Seed Oil*, Olive Oil*, Pumpkin Seed Oil* * = Organic	\$29.00 / 8 pack = \$3.63 / bar	This bar can be found in the refrigerated section of the grocery store. Unfortunately it gets over 50% of calories from fat.
<u>Truth Bar Prebiotic + Probiotic</u>	Dark Chocolate Coconut (5): I got the coconut texture in this bar but definitely not the coconut flavor. The bar mostly just tasted sweet.	7.5 Although this bar doesn’t have a lot of texture going on inside, it does have a good balance of softness and chewiness without being too much of either. The chocolate coating on the outside is nice and thick.	Dairy Free Gluten Free Non-GMO	<i>Per 45 g bar:</i> 180 cals 1 g protein 12 g fat 29 g carbs (9 g fiber, 5 g sugar, incl. 5 g added sugar, 7 g sugar alcohol)		Dark Chocolate Flavored Coating [Unsweetened Chocolate, Chicory Root Fiber (Inulin), Cocoa Butter, Erythritol, Stevia Extract (Steviol Glycosides), Real Vanilla Extract], Coconut, Tapioca Syrup, Prebiotic Tapioca Fiber Syrup, Erythritol, Lsomalto-Oligosaccharides, Allulose Syrup, Chia Seeds, Glycerine, Raspberry, Fruit and Vegetable Juice (Color), Natural Flavor, Sea Salt, Citric Acid, Probiotics (Bacillus Coagulans), Rosemary Extract.	<i>5 flavors:</i> Dark Chocolate Brownie Crunch, Dark Chocolate Coconut, Dark Chocolate Lemon Coconut, Dark Chocolate Peanut Butter Crunch, Dark Chocolate Raspberry Coconut	\$39.98 / 12 pack = \$3.33 per bar	The old formula of this bar included 10 grams of protein and I totally missed that they stripped the protein content from the formula!
	Dark Chocolate Coconut Raspberry Truffle (7.5): The raspberry flavor comes through strong in this bar and it’s pretty tasty, though it’s hard to detect the coconut flavor.								
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