

45102 | Honeybuns | 16-56g

Honeybuns Vegan Oaty Raspberry Bar

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Description

Brand Name	Honeybuns
Country of Origin	England

Ingredients

Ingredients	Rolled gluten free OATS 22%, golden date juice concentrate, refined coconut oil, gluten free OAT flour 10%, light muscovado sugar, sultanas 8% (sultanas, vegetable oil), golden ground flaxseed, golden icing sugar 5%, freeze dried raspberry 3%, water, sea salt
Is the product made from at least 65% British ingredients?	No
Contains GM Ingredients	No

Nutrition

Servings per Consumer Unit (Inner)	16
Nutrients	Quantity per 100g/ml
Energy (Kilojoules)	1820 kJ
Energy (Kilocalories)	435 kcal
Fat, Total	22 g
Saturated	16 g
Carbohydrate	57 g
Sugars	33 g
Dietary Fibre, Total	5.6 g
Protein, Total	5.3 g
Salt	0.3 g
Sodium	120 mg

Allergens

Cereals containing Gluten (and products thereof)	Does NOT Contain
Wheat (as an ingredient)	Does NOT Contain
Rye (as an ingredient)	Does NOT Contain
Barley (as an ingredient)	Does NOT Contain
Oats (as an ingredient)	Contains
Crustaceans (and products thereof)	Does NOT Contain
Egg and Egg Products	Does NOT Contain
Fish and Fish Products	Does NOT Contain
Peanut and Peanut Products	May Contain
Soybean and Soybean Products	Does NOT Contain
Milk and Milk Products	Does NOT Contain
Tree Nuts (and products thereof)	May Contain
Almonds (as an ingredient)	Does NOT Contain
Hazelnuts (as an ingredient)	Does NOT Contain
Walnuts (as an ingredient)	Does NOT Contain
Cashews (as an ingredient)	Does NOT Contain
Pecan nuts (as an ingredient)	Does NOT Contain
Brazil nuts (as an ingredient)	Does NOT Contain
Pistachio nuts (as an ingredient)	Does NOT Contain
Macadamia or Queensland nuts (as an ingredient)	Does NOT Contain
Celery / Celeriac (and products thereof)	Does NOT Contain
Mustard (and products thereof)	Does NOT Contain
Sesame Seeds and Sesame Seed Products	Does NOT Contain
Sulphur Dioxide and Sulphites (>10mg/kg)	Does NOT Contain
Lupin (and products thereof)	Does NOT Contain
Molluscs (and products thereof)	Does NOT Contain

Dietary Information

Halal Certified	No
Kosher Certified	No
Suitable for Vegan	Yes
Suitable for Vegetarian	Yes
Organic Certificate	No Organic certificate
Can any Ethical or Fairly traded claims be made?	No ethical or fairtrade claim
Can any other sustainability claims be made for this product?	None
Does any other assurance scheme apply to this product?	No assurance scheme

Preparation Suggestions

Is the product ready to eat?	Defrost then ready to eat
Oven	No
Oven From Frozen	No
Microwave Instructions	No
Fry	000
Grill	No
Other	000

Packaging

Do you have any packaging environmental claims?

No environmental packaging claim