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> LÄRABAR Peanut Butter Chocolate Chip, Fruit and Nut Energy Bar, Pack of 16 Bars, Gluten Free, Vegan, Family Pack, Snack Bars User Manual

## LÄRABAR B007ZDMXPK

# LÄRABAR Peanut Butter Chocolate Chip Energy Bar User Manual

Brand: LÄRABAR | Model: B007ZDMXPK

## PRODUCT OVERVIEW

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The LÄRABAR Peanut Butter Chocolate Chip bar is a fruit and nut energy bar designed for a quick and satisfying snack. It combines the rich flavors of peanut butter and chocolate chips, made with a limited number of natural ingredients. This product is suitable for those seeking a gluten-free and vegan snack option.



Image: A box containing 16 LÄRABAR Peanut Butter Chocolate Chip bars, with one individual bar shown outside its packaging. The packaging highlights "Peanut Butter Chocolate Chip" and "Just 4 Ingredients".

## INGREDIENTS

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LÄRABAR Peanut Butter Chocolate Chip bars are crafted with a minimal number of natural ingredients, focusing on simplicity and flavor.

- Dates
- Peanut Butter (Peanuts, Sea Salt)
- Semisweet Chocolate Chips (Unsweetened Chocolate, Sugar, Cocoa Butter, Vanilla Extract)
- Roasted Peanuts

This product contains peanut ingredients.

**Ingredients:** Dates, Peanut butter (peanuts, sea salt), Semisweet chocolate chips (unsweetened chocolate, sugar, cocoa butter, vanilla extract), Roasted peanuts.

**Contains:** Peanuts.

**Ingrédients :** Dattes, Beurre d'arachide (arachides, sel de mer), Pépites de chocolat mi-sucré (chocolat non sucré, sucre, beurre de cacao, extrait de vanille), Arachides grillées.

**Contient :** Arachides.

Image: A detailed view of the product's ingredient list, clearly showing "Dates, Peanut Butter, Semisweet Chocolate Chips, Roasted Peanuts" and a "Contains Peanut Ingredients" warning.

## NUTRITION INFORMATION

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Each LÄRABAR Peanut Butter Chocolate Chip bar provides essential nutrients for an energy boost. Below is the nutritional breakdown per serving.

# Nutrition Facts

## Valeur nutritive

Per 1 bar (45 g)  
pour 1 barre (45 g)

**Calories 210**

% Daily Value\*  
% valeur quotidienne\*

**Fat / Lipides** 12 g 16 %  
Saturated / saturés 3 g 16 %  
+ Trans / trans 0 g

**Carbohydrate / Glucides** 24 g  
Fibre / Fibres 4 g 14 %  
Sugars / Sucres 16 g 16 %

**Protein / Protéines** 5 g

**Cholesterol / Cholestérol** 0 mg

**Sodium** 70 mg 3 %

**Potassium** 250 mg 5 %

**Calcium** 30 mg 2 %

**Iron / Fer** 1.75 mg 10 %

\*5% or less is **a little**, 15% or more is **a lot**

\*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

Calories, 12g Fat, 24g Carbohydrates, and 5g Protein.

### Nutrition Facts Per 1 Bar (45g)

Nutrient	Amount	% Daily Value
Calories	210	
Fat / Lipides	12 g	16 %
Saturated / saturés	3 g	16 %
+ Trans / trans	0 g	
Carbohydrate / Glucides	24 g	
Fibre / Fibres	4 g	14 %
Sugars / Sucres	16 g	16 %
Protein / Protéines	5 g	
Cholesterol / Cholestérol	0 mg	
Sodium	70 mg	3 %
Potassium	250 mg	5 %
Calcium	30 mg	2 %
Iron / Fer	1.75 mg	10 %

\*5% or less is a little, 15% or more is a lot.

## USAGE AND STORAGE

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### Serving Recommendation

Consume one bar (45g) as a snack or for an energy boost. These bars are ideal for on-the-go consumption, before or after physical activity, or as a quick meal replacement.

### Storage Instructions

Store LÄRABAR Peanut Butter Chocolate Chip bars in a cool, dry place away from direct sunlight. The bars are designed to hold up well in various temperatures, making them suitable for travel and outdoor activities without melting.

## KEY FEATURES AND BENEFITS

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- **No Added Sugar:** Sweetened naturally with dates.
- **Vegan & Gluten Free:** Suitable for various dietary preferences.
- **Made with 2-9 Natural Ingredients:** Simple and wholesome composition.
- **Free of Trans Fatty Acids:** Contributes to a healthier diet.
- **Kosher Certified:** Meets specific dietary standards.
- **Energy Boost:** Provides sustained energy from fruits and nuts.



Image: A visual representation of the core ingredients: dates, peanuts, chocolate chips, and sea salt, emphasizing the product's simple and natural composition.

## ALLERGEN INFORMATION

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This product contains **Peanut Ingredients**. Individuals with allergies to peanuts or other listed ingredients should exercise caution. Always review the ingredient list before consumption.

The product is certified Gluten Free.

## COMMON CONSIDERATIONS

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While LÄRABAR strives for consistent quality, variations in natural ingredients can sometimes lead to slight differences in texture or appearance between batches. If you notice significant deviations or have concerns about the product's quality, please refer to the "Support and Contact" section for assistance.

- **Texture Variation:** Due to the natural fruit and nut base, the bar's texture may vary slightly from soft to firm. This is normal and does not affect product quality.
- **Ingredient Separation:** Minor oil separation from nuts is natural and can be re-incorporated by kneading the bar gently if desired.

## IMPORTANT LEGAL DISCLAIMER

Actual product packaging and materials may contain more and different information than what is presented in this manual. We recommend that you do not rely solely on the information provided here and that you always read labels, warnings, and directions before using or consuming a product.

## SPECIFICATIONS

Attribute	Detail
Brand	LÄRABAR
Model Number (ASIN)	B007ZDMXPK
Special Feature	Gluten Free
Package Information	Box
Units	16 Count
Product Dimensions	20.62 x 12.7 x 6.02 cm
Item Weight	720 g
Material Feature	Gluten Free, Kosher Certified, Vegan
Manufacturer	GENERAL MILLS CANADA CORPORATION
Date First Available	May 20, 2012

## SUPPORT AND CONTACT

For further inquiries, product information, or support, please refer to the contact details provided on the product packaging or visit the official LÄRABAR website. You can also reach out to the manufacturer, GENERAL MILLS CANADA CORPORATION, for assistance.

For general information about LÄRABAR products, you may visit the [LÄRABAR Store on Amazon](#).

## WARRANTY INFORMATION

As a consumable food product, LÄRABAR Peanut Butter Chocolate Chip bars do not typically come with a traditional warranty. However, LÄRABAR is committed to product quality. If you have concerns regarding the quality or condition of your purchase, please contact the manufacturer or retailer with your purchase details for resolution.