



earnest
eats®

SUPERFOOD OATMEALS + BARS

EARNEST EATS ENERGY BARS

54 gram Single-Serve Bars - 12/Tray



**CRAN
LEMON ZEST**



**ALMOND
TRAIL MIX**



**APPLE
GINGER**



**DARK CHOCO
ESPRESSO**



**CHOCO PEANUT
BUTTER**

Superfood Oats + Almond Butter
Everyone needs a healthier on-the-go snack but most bars are dry and tasteless.

Point of Difference

Our Original, Founding Product. We bake our bars with whole nuts, fruits, seeds and organic oats, plus rich roasted almond butter. We think they're the best tasting energy bars ever, but we suggest you judge for yourself!



SUPERFOOD INGREDIENTS

Almond Butter + Whole Oats



POWERFUL NUTRITION

6g of Protein + 4g of Fiber



AWARD WINNING

Self Magazine + Clean Eating + Women's Health



CERTIFIED!

Vegan, Kosher, Wheat Free

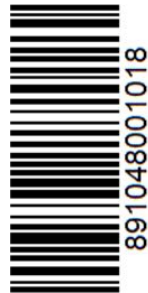
ALMOND BUTTER ENERGY BARS

Delicious bars baked with almond butter amazing taste & nutrition



CRAN LEMON ZEST

Nutrition Facts	
1 servings per container	
Serving size	1 (54g)
Amount Per Serving	
Calories	210
<small>% Daily Value*</small>	
Total Fat 9g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 32g	12%
Dietary Fiber 4g	14%
Total Sugars 14g	
Includes 0g Added Sugars	0%
Protein 5g	10%



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INGREDIENTS: Whole Rolled Oats, Almond Butter, Brown Rice Syrup, Dried Cane Syrup, Dried Cranberries (Cranberries, Dried Cane Syrup, Vegetable Glycerin, Sunflower Oil), Raisins, Oat Bran, Sunflower Seeds, Almonds, Walnuts, Water, Natural Vanilla Extract, Natural Plant Gums (Guar Gum, Gum Arabic), Sea Salt, Natural Lemon Flavor. **CONTAINS: ALMONDS AND WALNUTS.**



ALMOND TRAIL MIX

Nutrition Facts	
1 servings per container	
Serving size	1 (54g)
Amount Per Serving	
Calories	210
<small>% Daily Value*</small>	
Total Fat 9g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 31g	11%
Dietary Fiber 4g	14%
Total Sugars 14g	
Includes 0g Added Sugars	0%
Protein 6g	12%



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INGREDIENTS: Whole Rolled Oats, Almond Butter, Dried Cane Syrup, Brown Rice Syrup, Dried Cranberries (Cranberries, Dried Cane Syrup, Vegetable Glycerin, Sunflower Oil), Oat Bran, Raisins, Pumpkin Seeds, Sunflower Seeds, Almonds, Water, Walnuts, Natural Vanilla Extract, Sea Salt, Natural Almond Flavor. **CONTAINS: ALMONDS AND WALNUTS.**



CHOCO PEANUT BUTTER

Nutrition Facts	
1 servings per container	
Serving size	1 (54g)
Amount Per Serving	
Calories	230
<small>% Daily Value*</small>	
Total Fat 10g	13%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 32g	12%
Dietary Fiber 4g	14%
Total Sugars 14g	
Includes 0g Added Sugars	0%
Protein 6g	12%



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INGREDIENTS: Whole Rolled Oats, Natural Cane Syrup, (Organic Dark Chocolate Chips (Dried Cane Syrup, Chocolate Liquor, Cocoa Butter, Vanilla), Peanuts (Roasted Peanuts, Salt), Brown Rice Syrup, Almond Butter, Oat Bran, Natural Chunky Peanut Butter, Sunflower Seeds, Dried Cane Syrup, Natural Peanut Butter Flavor, Guar Gum, Sea Salt. **CONTAINS: PEANUTS AND ALMONDS.**



APPLE GINGER

Nutrition Facts	
1 servings per container	
Serving size	1 (54g)
Amount Per Serving	
Calories	210
<small>% Daily Value*</small>	
Total Fat 9g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 32g	12%
Dietary Fiber 4g	14%
Total Sugars 14g	
Includes 0g Added Sugars	0%
Protein 5g	10%



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INGREDIENTS: Whole Rolled Oats, Almond Butter, Brown Rice Syrup, Natural Cane Syrup, Raisins, Oat Bran, Organic Dried Apples, Sunflower Seeds, Dried Cane Syrup, Walnuts, Natural Vanilla Extract, Natural Apple Flavor, Spices, Sea Salt. **CONTAINS: ALMONDS AND WALNUTS.**



DOUBLE CHOCO ESPRESSO

Nutrition Facts	
1 servings per container	
Serving size	1 (54g)
Amount Per Serving	
Calories	220
<small>% Daily Value*</small>	
Total Fat 10g	13%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	7%
Total Carbohydrate 25g	10%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 5g	10%



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INGREDIENTS: Whole Rolled Oats, Brown Rice Syrup, Almond Butter, Organic Dark Chocolate Chips (Dried Cane Syrup, Chocolate Liquor, Cocoa Butter, Vanilla), Oat Bran, Cocoa Powder, Pumpkin Seeds, Sunflower Seeds, Water, Walnuts, Dried Cane Syrup, Natural Vanilla Extract, Espresso Coffee Extract, Sea Salt and Baking Soda. **CONTAINS: ALMONDS AND WALNUTS.**

EARNEST EATS SUPERFOOD OATS

Superfood Oatmeal: Quinoa + Oats + Amaranth

2.35 oz Single-Serve Cups – 12/Case



**AMERICAN BLEND:
CRANBERRIES +
ALMONDS + FLAX**



**SUPERFOOD
BLUEBERRY CHIA:
GLUTEN FREE**

Superfood Oatmeal: Quinoa + Oats + Amaranth
Oatmeal is a morning ritual of health and centering.

Point of Difference

Our Earnest Eats Superfood Hot Cereals were the first made with Superfood Grains – Whole Oats, Quinoa & Amaranth – and now our new look is taking it to a new level with a celebration of food for oatmeal lovers! And now Gluten-Free too



SUPERGRAIN BLEND

Oats, Quinoa + Amaranth : Slow Release Carbs



POWERFUL NUTRITION

7-9g of Protein + 6-7g of Fiber



AWARD WINNING

Self Magazine + Clean Eating + Women's Health



CERTIFIED!

Non-GMO Verified, Vegan, Kosher, Gluten-Free

EARNEST EATS SUPERFOOD OATMEALS

Superfood Oatmeal Cups: Quinoa + Oats + Amaranth



CRANBERRY + ALMOND + FLAX

Nutrition Facts

Serv. Size 1 cup (67g)
Serv. Per Cont. 1
Calories 280
Fat Cal. 80

Amount/serving	%DV	Amount/serving	%DV
Total Fat 8g	12%	Total Carb. 45g	15%
Sat. Fat 1g	5%	Fiber 6g	24%
Trans Fat 0g		Sugars 13g	
Cholest. 0g	0%	Protein 8g	
Sodium 75mg	3%		

*Percent Daily Values (DV) are based on a 2,000 calorie diet. Vitamin A 0% • Vitamin C 4% • Calcium 6% • Iron 15%

Ingredients: Gluten-Free Superfood Grains (Whole Rolled Oats, Quinoa, Puffed Amaranth), Cane Sugar, Diced Cranberries (Cranberries, Cane Sugar, Sunflower Oil), Chopped Raw Almonds, Raw Sunflower Seeds, Raw Flax Seeds, Raw Pepitas, Korintje Cinnamon, Sea Salt.
Contains: Almonds.



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BLUEBERRY + CHIA + CINNAMON

Nutrition Facts

Serv. Size 1 cup (67g)
Serv. Per Cont. 1
Calories 260
Fat Cal. 45

Amount/serving	%DV	Amount/serving	%DV
Total Fat 5g	8%	Total Carb. 47g	16%
Sat. Fat 0.5g	4%	Fiber 6g	24%
Trans Fat 0g		Sugars 16g	
Cholest. 0g	0%	Protein 7g	
Sodium 75mg	3%		

*Percent Daily Values (DV) are based on a 2,000 calorie diet. Vitamin A 0% • Vitamin C 2% • Calcium 6% • Iron 15%

Ingredients: Gluten-Free Superfood Grains (Whole Rolled Oats, Quinoa, Puffed Amaranth), Cane Sugar, Dried Blueberries (Blueberries, Cane Sugar, Sunflower Oil), Raw Sunflower Seeds, Chia Seeds, Korintje Cinnamon, Sea Salt.



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COCOA + CASHEW + PEPITAS

Nutrition Facts

Serv. Size 1 cup (67g)
Serv. Per Cont. 1
Calories 290
Fat Cal. 90

Amount/serving	%DV	Amount/serving	%DV
Total Fat 9g	14%	Total Carb. 43g	14%
Sat. Fat 1.5g	8%	Fiber 7g	28%
Trans Fat 0g		Sugars 10g	
Cholest. 0g	0%	Protein 9g	
Sodium 75mg	3%		

*Percent Daily Values (DV) are based on a 2,000 calorie diet. Vitamin A 0% • Vitamin C 0% • Calcium 6% • Iron 20%

Ingredients: Gluten-Free Superfood Grains (Whole Rolled Oats, Quinoa, Puffed Amaranth), Cane Sugar, Raw Pepitas, Raw Sunflower Seeds, Raw Cashew Pieces, Raw Chopped Almonds, Raw Flax Seeds, Unsweetened Natural Cocoa, Korintje Cinnamon, Sea Salt.
Contains: Cashews and Almonds.



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MANGO + GREEN TEA + SESAME

Nutrition Facts

Serv. Size 1 cup (67g)
Serv. Per Cont. 1
Calories 280
Fat Cal. 80

Amount/serving	%DV	Amount/serving	%DV
Total Fat 8g	12%	Total Carb. 45g	15%
Sat. Fat 1g	5%	Fiber 7g	24%
Trans Fat 0g		Sugars 12g	
Cholest. 0g	0%	Protein 8g	
Sodium 75mg	3%		

*Percent Daily Values (DV) are based on a 2,000 calorie diet. Vitamin A 0% • Vitamin C 4% • Calcium 8% • Iron 20%

Ingredients: Gluten-Free Superfood Grains (Whole Rolled Oats, Quinoa, Puffed Amaranth), Cane Sugar, Raw Chopped Almonds, Dried Mango (Diced Mango, Cane Sugar, Sunflower Oil), Raw Sesame Seeds, Raw Sunflower Seeds, Raw Flax Seeds, Matcha Green Tea, Korintje Cinnamon, Sea Salt. **Contains:** Almonds.



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