

Toast Bar Nutrition

	Calories (kcal)	Carbs (g)	Fat (g)	Protein (g)	Sodium (mg)	Sugar (g)
Avo-Yumm	310	32	18	8	535	6
Hearty	418	32	31	10	406	6
Creamy Chia	235	28	11	9	307	6
Sweet Treat	453	60	20	16	333	31