

LÄRABAR®

1 1/2 SERVINGS OF FRUIT
UNCOOKED · UNPROCESSED · NO ADDED SUGAR · NON-GMO
GLUTEN FREE · DAIRY FREE · SOY FREE · VEGAN · KOSHER

LÄRABAR® is a delicious blend of unsweetened fruits, nuts and spices. Made from 100% whole raw food, each flavor contains no more than 2 to 6 ingredients. Pure and simple, just as nature intended.™

LÄRABAR® contains everything a healthy body needs

Beneficial Fats containing **Omega 3 & 6** essential fatty acids that are part of a healthy diet may help prevent the onset of coronary heart disease.

High Fiber and Good Carbohydrates for balanced blood sugar levels and sustained energy.

Essential Minerals and Vitamins for supporting and maintaining a strong immune system and healthy bones.

Plant Source Protein for building strong muscles.

Phytonutrients derived from plant foods which promote a healthy immune system.

B-vitamins to decrease stress and increase energy.

Antioxidants to combat aging.

L A R A B A R . C O M

LÄRABAR®

I started Humm Foods®, the creator of LÄRABAR®, because of my firm belief that good health and well-being are derived from what you eat. At Humm Foods, we develop natural food products that enliven the body, mind and soul. Our company name comes from an ancient belief that food falls into two categories:

Beckoning Foods, which beckon consumption again and again, sapping the body of energy without any real health benefits. Today, they're called "junk foods."

Humm Foods, on the other hand, resonate with energy in a whole natural state. When consumed, they cause you to feel vibrant and alive.

That's what you get in every LÄRABAR® — real food, raw food that creates an unmistakable urge to, well, hum! Enjoy and start humming!



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L A R A B A R . C O M

APPLE PIE

INGREDIENTS
 dates, walnuts,
 unsweetened apples,
 almonds, raisins,
 cinnamon



Nutrition Facts		Amount/Serving	% Daily Value	Amount/Serving	% Daily Value
Total Fat		9g	14%	Sodium	10mg 0%
Saturated Fat		1g	4%	Potassium	270mg 8%
Polyunsat. Fat		3.5g		* Total Carb.	23g 8%
Monounsat. Fat		4.5g		Fiber	4g 15%
Trans Fat		0g		* Sugars	16g
Cholesterol		0mg	0%	Protein	4g 8%

Percent Daily Values are based on a 2,000 calorie diet.

Vitamin A 0% · Vitamin C 2% · Calcium 6% · Iron 8% · Vitamin E 10%
 Thiamin 4% · Riboflavin 8% · Niacin 6% · Vitamin B6 4% · Folate (Total) 2%
 Phosphorus 10% · Magnesium 15% · Zinc 4% · Copper 15% · Manganese 20%

GINGER SNAP

INGREDIENTS
 dates, almonds, pecans,
 ginger, cinnamon, cloves



Nutrition Facts		Amount/Serving	% Daily Value	Amount/Serving	% Daily Value
Total Fat		13g	20%	Sodium	0mg 0%
Saturated Fat		1g	5%	Potassium	340mg 10%
Polyunsat. Fat		4g		* Total Carb.	22g 7%
Monounsat. Fat		8g		Fiber	5g 20%
Trans Fat		0g		* Sugars	18g
Cholesterol		0mg	0%	Protein	5g 10%

Percent Daily Values are based on a 2,000 calorie diet.

Vitamin A 0% · Vitamin C 0% · Calcium 6% · Iron 8% · Vitamin E 15%
 Thiamin 6% · Riboflavin 10% · Niacin 6% · Vitamin B6 4%
 Folate (Total) 2% · Phosphorus 10% · Magnesium 15% · Zinc 8%
 Selenium 2% · Copper 15% · Manganese 50%

BANANA COOKIE

INGREDIENTS
 almonds, dates,
 unsweetened bananas



Nutrition Facts		Amount/Serving	% Daily Value	Amount/Serving	% Daily Value
Total Fat		10g	15%	Sodium	0mg 0%
Saturated Fat		0g	0%	Potassium	450mg 13%
Polyunsat. Fat		3g		* Total Carb.	24g 8%
Monounsat. Fat		7g		Fiber	5g 19%
Trans Fat		0g		* Sugars	19g
Cholesterol		0mg	0%	Protein	6g 11%

Percent Daily Values are based on a 2,000 calorie diet.

Vitamin A 0% · Vitamin C 0% · Calcium 6% · Iron 8% · Vitamin E 20%
 Thiamin 4% · Riboflavin 10% · Niacin 6% · Vitamin B6 2%
 Folate (Total) 2% · Phosphorus 10% · Magnesium 15% · Zinc 6%
 Selenium 2% · Copper 15% · Manganese 30%

CASHEW COOKIE

INGREDIENTS
 cashews, dates



Nutrition Facts		Amount/Serving	% Daily Value	Amount/Serving	% Daily Value
Total Fat		13g	20%	Sodium	0mg 0%
Saturated Fat		2.5g	13%	Potassium	290mg 8%
Polyunsat. Fat		2.5g		* Total Carb.	23g 8%
Monounsat. Fat		8g		Fiber	3g 13%
Trans Fat		0g		* Sugars	13g
Cholesterol		0mg	0%	Protein	5g 9%

Percent Daily Values are based on a 2,000 calorie diet.

Vitamin A 0% · Vitamin C 0% · Calcium 2% · Iron 10% · Thiamin 4%
 Riboflavin 4% · Niacin 2% · Vitamin B6 6% · Folate (Total) 6%
 Pantothenic Acid 4% · Phosphorus 15% · Magnesium 20%
 Zinc 10% · Selenium 4% · Copper 30% · Manganese 15%

NEW PECAN PIE

INGREDIENTS
 dates, pecans,
 almonds



Nutrition Facts		Amount/Serving	% Daily Value	Amount/Serving	% Daily Value
Total Fat		14g	21%	Sodium	0mg 0%
Saturated Fat		1g	6%	Potassium	260mg 8%
Polyunsat. Fat		4g		* Total Carb.	22g 7%
Monounsat. Fat		8g		Fiber	4g 16%
Trans Fat		0g		* Sugars	17g
Cholesterol		0mg	0%	Protein	3g 6%

Percent Daily Values are based on a 2,000 calorie diet.

Vitamin A 0% · Vitamin C 0% · Calcium 4% · Iron 4% · Vitamin E 8%
 Thiamin 8% · Riboflavin 4% · Niacin 4% · Vitamin B6 4%
 Folate (Total) 2% · Phosphorus 8% · Magnesium 15% · Zinc 6%
 Selenium 2% · Copper 15% · Manganese 45%

COCOA MÔLE

INGREDIENTS
 dates, almonds, walnuts,
 unsweetened cocoa powder,
 cinnamon, chili



Nutrition Facts		Amount/Serving	% Daily Value	Amount/Serving	% Daily Value
Total Fat		9g	14%	Sodium	5mg 0%
Saturated Fat		1g	3%	Potassium	350mg 10%
Polyunsat. Fat		4g		* Total Carb.	26g 9%
Monounsat. Fat		4g		Fiber	5g 20%
Trans Fat		0g		* Sugars	21g
Cholesterol		0mg	0%	Protein	4g 8%

Percent Daily Values are based on a 2,000 calorie diet.

Vitamin A 4% · Vitamin C 0% · Calcium 6% · Iron 8% · Vitamin E 8%
 Thiamin 4% · Riboflavin 8% · Niacin 6% · Vitamin B6 6%
 Folate (Total) 2% · Phosphorus 10% · Magnesium 15% · Zinc 6%
 Copper 15% · Manganese 30%

CHERRY PIE

INGREDIENTS
 dates, almonds,
 unsweetened cherries



Nutrition Facts		Amount/Serving	% Daily Value	Amount/Serving	% Daily Value
Total Fat		9g	13%	Sodium	0mg 0%
Saturated Fat		0g	0%	Potassium	240mg 7%
Polyunsat. Fat		3g		* Total Carb.	24g 8%
Monounsat. Fat		6g		Fiber	4g 17%
Trans Fat		0g		* Sugars	17g
Cholesterol		0mg	0%	Protein	5g 10%

Percent Daily Values are based on a 2,000 calorie diet.

Vitamin A 8% · Vitamin C 0% · Calcium 8% · Iron 10% · Vitamin E 15%
 Thiamin 4% · Riboflavin 8% · Niacin 4% · Vitamin B6 2% · Phosphorus 8%
 Magnesium 15% · Zinc 4% · Copper 10% · Manganese 20%

CHOCOLATE COCONUT CHEW

INGREDIENTS
 dates, almonds, walnuts,
 unsweetened coconut,
 unsweetened cocoa powder



Nutrition Facts		Amount/Serving	% Daily Value	Amount/Serving	% Daily Value
Total Fat		12g	18%	Sodium	0mg 0%
Saturated Fat		2g	11%	Potassium	340mg 10%
Polyunsat. Fat		2g		* Total Carb.	24g 8%
Monounsat. Fat		5g		Fiber	5g 20%
Trans Fat		0g		* Sugars	18g
Cholesterol		0mg	0%	Protein	5g 10%

Percent Daily Values are based on a 2,000 calorie diet.

Vitamin A 0% · Vitamin C 0% · Calcium 6% · Iron 8% · Vitamin E 10%
 Thiamin 6% · Riboflavin 8% · Niacin 6% · Vitamin B6 6%
 Folate (Total) 4% · Phosphorus 10% · Magnesium 20% · Zinc 6%
 Copper 20% · Manganese 20%

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