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THE SHOPPING MAGAZINE FOR NATURAL LIVING

October, 2011

Raising the Bar

By Lisa Turner
Our picks for some of the tastiest gluten-free nutrition bars



Sometimes, it's hard to tell the difference between a nutrition bar and a brownie. But a handful of gluten-free selections are raising the bar on energy snacks. Most are made primarily of whole foods—nuts, seeds, dried fruit, greens, and vegetables—with little or no added sugar, plenty of fiber and protein, and blends of antioxidant herbs and essential fatty acids.

So what's behind the best bars? Here are some of our gluten-free favorites, and their bar-raising features:

1. **RUMBLEBARS.** Made mostly from flax and sesame seeds, so they're naturally high in omega-3 fats; vegan and organic, they also come in junior sizes for kids.

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