



Key characteristics

- * 100% Organic; all ingredients are certified organic by the Soil Association
- * A combination of high and low Glycemic Index (GI) ingredients
- * Apple contains pectin which reduces toxin levels in the body
- * Raisins are high energy and low fat
- * Cranberries contain antioxidants

Strudel has the most varied ingredients of all Fuel for Adventure bars with great fruit content including apple, apricot, raisins and cranberries.



Strudel ...Organic apple, raisin & cinnamon

Ingredients	Content %	GI index	GI rated	Nutrition
Rice Syrup	34%	100	High	Rice syrup is a high GI and high calorie energy source.
Rolled Oats	21%	58	Medium	Oats contain certain antioxidants which are present only in oats that help prevent free radical damage to LDL cholesterol, thus helping reduce the risk of cardiovascular disease. High in manganese which helps lower cholesterol by removing cholesterol from the digestive system.
Apple	10%	38	Low	High in fibre, water, flavonoids and fructose. High in polyphenol which is an antioxidant. Pectin in apples also helps reduce toxin levels in the body.
Whey Powder	7%	20	Low	High in protein, with no fat.
Apricot Kernel	6%	57	Medium	Apricots are rich in Vitamin A which helps maintain healthy eyes. Vitamin A is also a powerful antioxidant that prevents free radical damage to cells and tissues. High beta-carotene and lycopene activity; important for heart health.
Apple Juice	5.7%	40	Low	High in fibre, water, flavonoids and fructose. High in polyphenol which is an antioxidant. Pectin in apples also helps reduce toxin levels in the body.
Raisins	5%	64	Medium	High-energy, low-fat. Phenols present in raisins have antioxidant effect and help prevent oxygen-based damage to cells in the body.
Rice Crisps	5%	77	High	Rice is an excellent source of carbohydrates. Rice is high in iron and B vitamins, folic acid, thiamin, and niacin. Rice is naturally free from sodium and cholesterol.
Puffed Quinoa	2%	55	Low	High in protein. Includes all nine essential amino acids. Rich in lysine, essential for muscle growth and repair.
Cranberries	2%	29	Medium	Rich in antioxidants. Cranberries decrease the symptoms of urinary tract infections.
Shelled Hempseed	2%	10	Low	Shelled hempseed is 40% more nutritious than whole hempseed. It contains nutrients that help moderate blood sugar level. High in essential fatty acids, essential amino acids and fibre. Contains lecithin which assists in the breakdown of fats and enhances liver metabolism and enzyme production.
Cinnamon	0.3%	8	Low	Very rich in manganese. Manganese helps maintain normal activity of the brain and also acts as a catalyst enabling certain enzymes to work in the body.