



Key characteristics

- * High in anti-oxidants
- * A combination of high and low Glycemic Index (GI) ingredients
- * Apple contains pectin which reduces toxin levels in the body
- * Immediate and sustained energy
- * Cranberries contain antioxidants

Summer fruits is our tastiest bar yet, bursting with the natural energy which all MuleBars provide. Additional goodness from the power packed berries makes this a delicious energy bar to be enjoyed just as much in winter as it is in summer.



Summer Pudding

...Raspberry, cranberry and blackcurrant

Ingredients	Content %	GI index	GI rated	Nutrition
Rice Syrup	36%	100	High	Need to keep intake of rice syrup to a minimum in order to lose weight and stay healthy, however rice syrup is suitable to take whilst burning energy on an adventure.
Apple	16%	38	Low	High in fibre, water, flavonoids and fructose. High in polyphenols which is an antioxidant. Pectin in apples also helps reduce toxin levels in the body.
Oatmeal	8%	45	Low	High in B vitamins which are essential for energy release and heart health promoting folate which lowers homocysteine levels. Oatmeal additionally contains iron, calcium, Vitamin A, protein, fibre and almost no fat.
Rolled Oats	8%	58	Medium	High in manganese. Helps lower cholesterol, by removing cholesterol from the digestive system. Antioxidants present only in oats help prevent free radical damage to LDL cholesterol, thus helping reduce the risk of cardiovascular disease.
Whey protein	7%	20	Low	A fat-free whey protein concentrate. High in protein, with no fat.
Organic apple juice	6%	40		High in fibre, water, flavonoids and fructose. High in polyphenols which is an antioxidant. Pectin in apples also helps reduce toxin levels in the body.
Rice Crisp	5%	77	High	Rice is an excellent source of carbohydrate and is very versatile fitting into any dietary program and lifestyle. High in iron and B vitamins; folic acid, thiamin and niacin. Naturally rice is free from sodium and cholesterol.
Apricot kernel	5%	57	Medium	The high beta-carotene and lycopene activity of apricots makes them important heart health foods. Apricots are rich in vitamin A, which help maintain healthy eyes. Vitamin A is a powerful antioxidant, which quenches free radical damage to cells and tissues.
Dried Raspberries	2%	60		As well as being delicious dried raspberries are an excellent source of antioxidants and are rich in manganese and vitamin C.
Juice Infused Cranberries	2%	75		Cranberries are an excellent source of vitamin C, as well as famously and rightly having a reputation for helping prevent urinary track infections.
Shelled Hempseed	2%	10	Low	Contains nutrients that help moderate blood sugar level. High in essential fatty acids, essential amino acids and fibre. Shelled hempseed is 40% more nutritious than whole hempseed. Lecithin is present in hempseeds, assisting in the breakdown of fats and enhances liver metabolism and enzyme production.
Soy Flour	2%	35	Low	High in protein. High in amino acids. Contains protective phytochemicals such as phytoestrogens and isoflavones.
Puffed Quinoa	1%		Low	High in protein. Also called the 'gold of the Incas'. Including all nine essential amino acids. Rich in lysine, essential for growth and repair.
Blackcurrant Powder	1%	70		Black currants are very rich in many phytonutrients, antioxidants, vitamins, essential fatty acids and minerals