

<http://www.peanutfreerd.org/2013/05/22/decadence-arrives/>

Decadence Arrives!

BARS BARS BARS!

As I have stated before it is hard to find a bar that is both peanut free and gluten free. Check the links on www.peanutfreerd.org for a list of some of my favorite. My disclaimer up front is that [Enjoy Life Foods](#) was kind enough to send me a box each to try of their [new soft baked bars](#) that advertise 100% natural decadence. The opinions are all mine. The new bars come in the following flavors: S'mores, Cinnamon Bun, Cherry Cobbler, and Chocolate Sunbutter. Each bar has a drizzle on top and they are individually wrapped with 5 in a box; each bar is 1.2 oz. As you probably know all of the products from Enjoy Life Foods are free of the eight most common food allergens, wheat, milk, egg, peanuts, tree nuts, soy, fish, and shellfish, and are gluten free. The bars are also NON GMO verified. I love that there are no artificial sweeteners in the bars.



How does the nutrition content stack up? They all are 140 calories per bar except the Cinnamon Bun bar which is 130 calories per bar. Total carbohydrate count ranges from 19 grams per bar in the Chocolate Sunbutter bar to 25 grams per bar for the S'mores and Cherry Cobbler. The Chocolate Sunbutter bar has the highest nutritional value including 3 grams of protein and 10% Daily Value of iron and the least amount of sugar, 9 grams per bar. It also has the highest fat content, but the least saturated fat which is what really matters. The sunflower seed butter is packed with nutrients and makes this bar stand out from the other versions which are low in protein, 1 gram per bar. In terms of taste, they all taste good however I am partial to the S'mores and the Chocolate Sunbutter, my favorite. What's not to like about chocolate? I am sure I will keep a box on hand for travel and snacks on the go. The Cinnamon Bun and the Cherry Cobbler were my least favorite and slightly higher in sugar and tasted sweeter too. Of all the Enjoy Life Foods bars, I like the decadence line the best.

I would like a bar that is even higher in protein for more substantial snack. Also, I would like to see less white rice flour and a higher fiber ingredient as well as less sugar overall.

Thanks Enjoy Life Foods for your products which really come in handy for people like me and others with multiple food restrictions. [Click here for a coupon.](#)

What's your favorite bar from the Decadent Line?

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Be Well,

Lori (aka peanutfreerd)



My Favorite Flavor