



# AN EVOLVED GRANOLA BAR

**BY: Angela Leach / DATE: June 2019**

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Granola bars are so popular that they even have their own food holiday in the States. Yes, that is right- the 21<sup>st</sup> of January is National Granola Bar Day! A basic granola bar includes a grain, usually oats with fruits or nuts and something sticky to hold it together (like syrup or honey)<sup>1</sup>. Granola bars are certainly a more nutritious option than many other snack bars, but at FUTURELIFE® we realised we could make some further improvements. Introducing FUTURELIFE® Whole Grain Granola Bars, a great whole grain snack option, that is gluten free too.

## WHAT MAKES FUTURELIFE® WHOLE GRAIN GRANOLA BARS DIFFERENT?

### Whole grain oats

FUTURELIFE® Whole Grain Granola Bars provide 20g of whole grains per serving. Whole grain oats are extremely nutritious. Aside from being a good source of energy providing carbohydrates, they also offer lots of fibre, including soluble fibre and the exceptional oat beta-glucans. Health benefits of whole grain oats extend to cholesterol lowering, blood glucose control and they can assist in weight management<sup>2</sup>.

### Gluten free

While gluten, a protein found in certain grains, is safe for most people, those with celiac disease or gluten intolerance need to avoid gluten entirely. Many people believe that oats naturally contain gluten. This is technically incorrect. Pure oats are naturally gluten free, however the concern is that during processing many oats get contaminated with gluten because they are processed in the same facilities as grains that contain gluten (like wheat, barley or rye). At FUTURELIFE®, we have sourced gluten free oats for our Granola Bars, meaning that they can safely be included in a gluten free diet.

### Our ingredients

FUTURELIFE® Whole Grain Granola Bars boast fibre, with no gluten, artificial colours, flavours or preservatives. In fact, you will find real cranberries, real honey or real choc chips in each of the bar variants. There are even added sterols and sterolins in these bars to make them extra special.



## CONCLUSION

FUTURELIFE® have taken the ever-popular granola bar and made it even better. FUTURELIFE® Whole Grain Granola Bars boast 20g of whole grains per serving, are gluten free, and contain real flavourants with no artificial colours, flavours or preservatives. A great snack to keep you going until your next meal.

## REFERENCES

1. <https://nationaldaycalendar.com/national-granola-bar-day-january-21/>
2. <https://futurelife.co.za/why-we-gloat-about-whole-grain-oats/>