

# Nature Oat Bakes FAQ

## What are Nature Oat Bakes?

Nature Oat Bakes™ are delicious, healthy treats that are low in fat and provide a good source of fiber.

Bursting with blueberries, cranberries, and whole-grain oats in every bite, this 100-calorie, gluten-free cookie is a smart choice to satisfy cravings and is made with wholesome, non-GMO ingredients.

## What makes Nature Oat Bakes different than other snacks?

Many snack options tend to be high in fat and added sugar and low in fiber. Replacing typical sugary or fatty snacks with an alternative treat such as Nature Oat Bakes is not only a smarter choice; it's a healthier choice.

These deliciously chewy, individually wrapped oatmeal cookies are low in fat and provide 5 grams of fiber per serving.

## Who can enjoy Nature Oat Bakes?

Nature Oat Bakes are healthy treats that can be enjoyed by anyone 4 years of age and older.

## Are Nature Oat Bakes gluten-free?

Nature Oat Bakes contain wholesome gluten-free ingredients such as gluten-free whole-grain oats, blueberries, and cranberries.

## What sweeteners are used in Nature Oat Bakes?

Nature Oat Bakes get their sweetness from dried fruit, agave nectar, cane sugar, and erythritol for a total of 2 grams of added sugar.

## How much fiber is in Nature Oat Bakes?

Nature Oat Bakes contain 5 grams of fiber from whole-grain oats and berries, making them a good source of fiber.

## Are Nature Oat Bakes Cleanse Day approved?

Yes! You may enjoy Nature Oat Bakes on Cleanse Days. Keep in mind these delicious cookies contain 100 calories in one serving. One Nature Oat Bakes cookie is three Cleanse Credits.

## How are Nature Oat Bakes different from Slim Cakes?

Slim Cakes have been renamed and reformulated as Nature Oat Bakes to provide a gluten-free snack option for more people to enjoy.

## What is the price of Nature Oat Bakes?

Nature Oat Bakes cost US\$18/CA\$20.

