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BumbleBars are: Delicious, Nutritious, Gluten Free, Ethically Sourced
Kid Approved, Vegan Approved, Organic Energy, Sesame Snack Bars.



The Nutrition of BumbleBar

The Bumble Bar is gluten-free, wheat free, dairy free, and certified organic by the Washington State Dept. of Agriculture. We handcraft Bumble Bars in the Pacific Northwest with the finest organic ingredients for maximum health benefits:

- Bumble Bars are rich in flax seeds, which contain an abundance of life-enhancing Omega 3 Essential Fatty Acids (EFAs). Omega 3 EFAs maintain healthy cell structure and help protect against heart disease, cancer, arthritis and more. EFAs are thought to bolster your energy, improve hormone regulation, improve immunity and reduce stress. Flax seeds also represent one of the best dietary sources of lignans, a class of phytoestrogens that nutritionists say protect against breast, colon and prostate cancers.
- Bumble Bars are made with calcium-rich organic sesame seeds to help build strong bones. Sesame seeds contain three times as much calcium as an equivalent amount of milk. And studies show that sesamin, a lignan found only in sesame seeds, is a strong antioxidant that fights free radicals and helps with your cholesterol.
- Bumble Bars are rich in fiber. Nutritionists say the soluble kind of fiber found in flax seeds can help lower cholesterol and regulate blood sugar levels.
- Bumble Bars are also gluten-free, wheat-free and dairy-free, filling a need among the growing number of people who are wheat- or dairy-intolerant.
- Bumble Bars are made without genetically modified ingredients and are pesticide-free.