

# the sugars in our snacks

INGREDIENT	WHAT IT IS	HOW WE USE IT
<b>honey</b>	A natural sweet substance produced by honey bees from the nectar of plants or secretions of living parts of plants	Serves as a sweetener in many of our snacks and a binder to hold ingredients together while helping to preserve an ideal texture
<b>maple syrup</b>	A natural sweetener made from the sap of maple trees	Provides flavor and sweetness in some snacks such as in our KIND® Maple Glazed Pecan & Sea Salt bar
<b>molasses</b>	Thick, dark brown syrup made from sugar cane	Provides unique, sweet and slightly bitter flavor and aroma to our KIND Dark Chocolate Chunk Healthy Grains® bar and some of our KIND Healthy Grains® Clusters
<b>apple juice concentrate</b>	Juiced apple which is then filtered through a processor that extracts water	Provides an apple taste to our KIND Healthy Grains® bars, KIND Healthy Grains® Clusters and KIND® Breakfast bars
<b>apple puree</b>	A sauce-like blend made from whole apples	Adds an apple flavor and sweetness to our KIND Healthy Grains® bars, KIND Healthy Grains® Clusters and KIND® Breakfast bars
<b>blueberry puree</b>	A sauce-like blend made from whole blueberries	Enhances the fruity flavor of our KIND blueberry Healthy Grains® bars, KIND Healthy Grains® Clusters and KIND® Breakfast bars
<b>plum puree</b>	A sauce-like blend made from whole plums	Adds a sweetness to our KIND Healthy Grains® bars, KIND Healthy Grains® Clusters and KIND® Breakfast bars
<b>glucose syrup</b>	A liquid sweetener made from corn (not to be confused with high fructose corn syrup (HFCS))	Sweetens ingredients similarly to honey for our KIND® Bars, KIND® Minis & KIND Protein From Real Food™ bars
<b>brown rice syrup</b>	A liquid sweetener derived from brown rice	Binds ingredients together and gives a perfect chewy yet crunchy texture to our KIND Healthy Grains® bars and KIND Healthy Grains® Clusters
<b>tapioca syrup</b>	A sweetener produced from tapioca starch using a fermentation process	Helps provide a rich flavor to our KIND Healthy Grains® bars, KIND Healthy Grains® Clusters, KIND® Nut Butter Filled snack bars and KIND Kids™ bars
<b>cane sugar &amp; sugar</b>	Sugar obtained from sugar cane	Enhances taste and texture by providing a flavor that's unique from other sweeteners, as found in KIND Kids™, KIND Healthy Grains® bars, KIND Healthy Grains® Clusters, KIND Protein From Real Food™, KIND® Breakfast bars, KIND® Minis and KIND® bars

*\*We do not use any artificial sweeteners or sugar alcohols*