

**Life Peak Magazine, Ruth's bar ad, Sept/Oct 2007.**



Another great snack temptation is the delectable bars that Ruth makes. *Ruth's Hemp Bars* ([www.ruthshempfoods.com](http://www.ruthshempfoods.com)) are a wonderful and healthy snack made from a base of hemp. The bars are always GMO-free, and have no refined sugars, no hydrogenated fats, and are free of sulfites and fillers. All you're left with is the goodness of whole grains, fruit, hemp, flax seed and other terrific ingredients. There is a wide variety to choose from like Hemp & Mocha, Cranberry Almond, and Peanut Butter Banana to name a few.

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