

“This candy bar healed my gut!”

After a colon cancer scare, Katie Lefkowitz vowed to do something to boost her digestive health and help other women do the same. So she created a delicious treat packed with feel-great benefits!

How can this be? I'm too young to get colon cancer! Katie Lefkowitz, 36, despaired after receiving a diagnosis of a rare genetic syndrome that significantly increases her risk of colon cancer.

Katie's doctors prescribed a complete diet overhaul, eliminating all processed foods and refined sugars and adding plenty of fruits and vegetables.

“Increased fiber intake is vital in reducing colon cancer risk,” her doctor told her.

“Prebiotic fiber, specifically, feeds good bacteria in the colon, reduces inflammation, binds carcinogens to stool and helps whisk them from the body.”

Katie was also instructed to double her fiber intake by 50% from the recommended 25 to 30 grams daily. Like most Americans, she only averaged about 15 grams daily.

How in the world will I possibly eat 60 grams of fiber daily? she wondered.

A self-professed candy fiend, Katie was also at a loss when sugar was stripped from her diet. But then overwhelm turned to inspiration when an idea sparked. *I'll make my own healthy candy, she decided. I'll turn my worry into a way to help others!*

“Prebiotic fiber is the best way to ensure the balance of good bacteria is maintained”

—Dr. Jennifer Ashton, OB-GYN

Healthy treat

An avid home chef and baker, Katie set out to make a gut-healthy, plant-based, fiber-filled, no-sugar candy bar without sacrificing flavor. After tinkering in her kitchen, she created a recipe that replaced traditional caramel ingredients—like butter and sugar—with dates, which are rich in antioxidants and prebiotic fiber.

She also added in a fiber-rich root vegetable called sunchokes, which decrease inflammation and boost regularity. Katie rounded out the recipe with heart-healthy oats and antioxidant-rich cocoa, which supports cognitive function, memory and mood by improving blood flow to the brain.



“I'm so grateful to have a new lease on life,” says Katie

After eating two bars daily for several weeks, Katie felt so much better. Her increased fiber improved her digestion and stabilized her blood sugar. Hopeful, she finalized her recipe and decided it was time to share it with the world, launching Harken Sweets (HarkenSweets.com) in 2022.

Each of Katie's 150-calorie candy bars is packed with 13 grams of gut-loving prebiotic fiber, whole ingredients and no added sugar. Katie suggests people eat two Harken bars daily to achieve the recommended fiber intake and reap the health rewards.

Katie introduced her bars to local stores in December of 2023, and the bars' popularity soared, thanks to word of mouth and social media. Harken Sweets bars now come in three flavors and are sold in over 3,500 Walmart stores nationwide and on Amazon.

Today, Katie enjoys vibrant health and more energy—brain fog, inflammation and worries of colon cancer are distant memories. “Food truly is medicine,” Katie beams. “I'm so grateful to have a new lease on life while helping others!” —Monica Romano

Other powerful benefits of prebiotic fiber

✓ Balances hormones

Gut health can affect hormone regulation, including estrogen levels. A balanced microbiome may help prevent hormonal imbalances, which is crucial for women during menstruation, pregnancy and menopause.

✓ Boosts heart health

Prebiotics lower blood pressure and improve cholesterol levels by supporting gut bacteria that produce short-chain fatty acids (SCFAs). SCFAs improve heart health and reduce cardiovascular risk.

✓ Regulates blood sugar

Prebiotic fiber can improve insulin sensitivity, which helps regulate blood sugar levels. The fiber slows down the digestion of carbohydrates, leading to fewer blood sugar spikes and more stable levels.



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