

**MANGO AND CHIA SEED PUDDING**

**Ingredients :** Coconut yoghurt (Coconut Milk (99%),Tapioca Starch,Pectin ,Live Vegan Yoghurt cultures) , Dairy free coconut milk (Water,Coconut milk ,Grape Juice Concentrate,Calcium Phosphate,sucrose ester,fatty acid,Sea Salt,Colour(carotenes),Vitamin D2,Vitamin B12) , Boiron mango puree , Chia seeds , Maple syrup , Dessicated coconut [SULPHITES] , Natural vanilla (Water,Monopropylene Glycol,Natural Vanilla) , Hemp hearts

Suitable for vegetarians

**Nutritionals**

	Total Per item	Total Per 100 gr
Energy (Kj)	543	472
Energy (KCal)	131	114
Fat (g)	10	8
of which Saturates (g)	7	6
Carbohydrate (g)	7	6
of which Sugars (g)	4	4
Protein (g)	3.02	2.63
Salt (g)	0.06	0.05
Fibre (g)	2.80	2.44

Total Weight : 115 ge