

MANGO AND CHIA SEED PUDDING

Ingredients : Coconut yoghurt (Coconut Milk (99%),Tapioca Starch,Pectin E440,Live Vegan Yoghurt cultures) , Dairy free coconut milk [SOYA] (Water,Coconut milk (3,5% (coconut cream, water)),Hulled Soya Beans 2.8% [SOYA],Sugar,Fructose,Acidity regulators (Dipotassium phosphate, Monopotassium phosphate),Calcium Carbonate,Sea Salt,Flavouring,Stabiliser (Gellan Gum)) , Boiron mango puree , Chia seeds , Maple syrup , Dessicated coconut[%] [SULPHITES] , Vanilla pod , 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 g ϵ