

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, Desiccated coconut (Coconut), Natural vanilla (Water, Monopropylene Glycol, Natural Vanilla), Hemp hearts

Suitable for vegetarians

For allergens please see ingredients in bold. Please note in our bakery we handle Nuts, Milk, Eggs, Soya & peanuts.

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