

RASPBERRY CHIA SEE PUDDING

Ingredients : Walnut pieces [NUTS] , Unsalted cashew [NUTS] , Dessicated coconut [SULPHITES] , Honey , Pumpkin seeds , Dried cranberries (Cranberries,Cane Sugar,Sunflower Oil) , Rapeseed oil , Water , Egg white [EGG] , Dairy free coconut milk (Water,Coconut milk ,Grape Juice Concentrate,Calcium Phosphate,sucrose ester,fatty acid,Sea Salt,Colour(carotenes),Vitamin D2,Vitamin B12) , Greek yoghurt [MILK] (Skimmed Milk [MILK],Fresh pasteurised cream Fortified with milk solids [MILK],Live bio cultures) , Raspberry compote (2%) (Raspberry,Sugar,Modified starch,Water,Citric acid ,Flavouring,Preservative: Potassium Sorbate) , Natural vanilla (Water,Monopropylene Glycol,Natural Vanilla) , Chia seeds , Lemon juice , Fresh raspberries , Salt

Suitable for vegetarians

Nutritionals

	Total Per item	Total Per 100 gr
Energy (Kj)	2033	2033
Energy (KCal)	491	491
Fat (g)	39	39
of which Saturates (g)	11	11
Carbohydrate (g)	24	24
of which Sugars (g)	16	16
Protein (g)	10.56	10.56
Salt (g)	0.21	0.21
Fibre (g)	4.91	4.91

Total Weight : 100 ge