

RASPBERRY CHIA SEE PUDDING

Ingredients : Walnut pieces[%] [NUTS] , Unsalted cashew [NUTS] , Dessicated coconut[%] [SULPHI TES] , Honey , Pumpkin seeds , Dried cranberries (Cranberries,Cane Sugar,Sunflower Oil) , Rapeseed oil , Water , Egg white [EGG] , 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)) , Greek yoghurt [MILK] (Skimmed Milk [MILK],Fresh pasteurised cream Fortified with milk solids [MILK],Live bio cultures) , Raspberry compote[%] (Raspberry,Sugar,Modified starch,Water,Citric acid ,Flavouring,Preservative E202) , Vanilla pod , 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