

RASPBERRY CHIA SEED PUDDING

Ingredients : Coconut yoghurt (Modified maize starch, Water, Dextrose, Natural flavourings, Raising agent (Calcium Phosphate), Salt, Vitamin D2, Pectin, Vitamin B12, Colour (carotenes), Live Vegan Yoghurt cultures, Coconut Cream) , Barista coconut milk - wh [SOYA] (Water, Coconut milk (3,5% (coconut cream, water)), Hulled Soya Beans (2.8%) [SOYA], Sugar, Fructose, Acidity regulators (Dipotassium phosphate, Monopotassium phosphate), Colouring (Calcium Carbonate), Sea Salt, Flavouring, Stabiliser (Gellan Gum)) , Fresh raspberries (15%) , Frozen mixed berries (Raspberry, blackcurrant, Strawberries (35%), Blueberries (60%)) , Chia seeds (5%) , Agave syrup , Lemon juice , Date syrup , Lemon zest , Water , Cornflour

Suitable for vegetarians

For allergens please see ingredients in bold.

Please note our Bakery handle Nuts, Milk, Eggs, Soya, Peanuts, Sesame and Sulphites.

Nutritionals

	Total Per item	Total Per 100 gr
Energy (Kj)	865	333
Energy (KCal)	224	86
Fat (g)	9	4
of which Saturates (g)	5	2
Carbohydrate (g)	26	10
of which Sugars (g)	20	8
Protein (g)	4.30	1.66
Fibre (g)	6.64	2.55
Salt (g)	0.51	0.19

Total Weight : 260 g^e