

**RASPBERRY 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), Fresh raspberries (15%), Frozen mixed berries (Raspberry, blackcurrant, Strawberries 35%, Blueberries (60%)), Chia seeds, Agave syrup, Lemon juice, Date syrup, Lemon zest, Water, Cornflour

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)	1536	591
Energy (KCal)	371	143
Fat (g)	27	10
of which Saturates (g)	21	8
Carbohydrate (g)	23	9
of which Sugars (g)	18	7
Protein (g)	6.96	2.68
Salt (g)	0.18	0.07
Fibre (g)	6.55	2.52

Total Weight : 260 ge