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# Chocolate banana chia pudding

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## DESCRIPTION

Chocolate banana chia pudding assignment

## INGREDIENTS

1/2 banana mashed	15g
Chia seeds, 2	84g
Cocoa powder	28g
Milk	3/4 kg
Maple syrup	25g

## ANALYSIS SUMMARY

	Quantity per 100g
Protein (g)	?g
Total fat (g)	?g
Water (g)	?g

## NUTRITION INFORMATION PANEL

NUTRITION INFORMATION		
Servings per package: ?		
Serving size: ?		
	Average Quantity per Serving	Average Quantity per 100g
Energy	?	?
Protein	?	?
Fat, Total	?	?
- Saturated	?	?
Carbohydrate	?	?

	Average Quantity per Serving	Average Quantity per 100g
- Sugars	?	?
Sodium	?	?

## INGREDIENT LIST

Ingredient	Weight(%)
Milk	83.1
Chia seeds	9.3
Cocoa powder	3.10
Mapple syrup	2.77
1/2 banana mashed	1.66

Ingredients: Milk, Chia Seeds, Cocoa Powder, Mapple Syrup, 1/2 Banana Mashed.

## ALLERGENS

	Presence
Royal jelly	?
Bee pollen	?
Propolis	?
Wheat	?
Rye	?
Barley	?
Oats	?
Spelt	?
Crustacea	?
Egg	?
Fish	?
Milk	?
Peanuts	?
Soybeans	?
Tree nuts	?
Sesame seeds	?
Lupin	?
Added sulphites>10mg/kg	?