

# NUTRI BAN

A PLANT BASED SNACK

## MANGO ORANGE CHIA PUDDING



### NUTRITION FACTS

**70.5 g Carbohydrates**  
**17.5 g Protein**  
**10.9 Fat**  
**437 Calories**  
**62 mg Sodium**

### INGREDIENTS

- **1 sachet Aminoleban® Oral**
- **180 mL water**
- **½ cup mango juice (No Sugar Added)**
- **6 tsp chia seeds**
- **1 tsp freshly squeezed lemon juice**
- **½ tsp honey**
- **1 slice ripe mango**

### PROCEDURE

1. In a glass, reconstitute Aminoleban® Oral powder to 180 mL lukewarm water then set aside.
2. Combine chia seeds, reconstituted Aminoleban® Oral, lemon juice, mango juice, and honey and set aside.
3. Dice the ripe mango.
4. When the chia seeds are already bloomed, top it with the diced mangoes.
5. Serve and enjoy!