

LC-Banana Yogurt Smoothie[®]

Greek Yogurt Style



Nutrition Facts

Serving Size 2½ Tbsp (14.4g)
(makes 1 8-10 oz smoothie)
Servings per container 14
Amount Per Serving
Calories 62
Calories from Fat 15

		%Daily Value*			
Total Fat	1.7g	3%	Total Carbohydrate 4.6g	2%	
Saturated Fat	0g	0%	Dietary Fiber	4.6g	18%
Trans Fat	0g		Sugars	0g	0%
Cholesterol	0mg	0%	Protein	7g	14%
Sodium	50mg	2%	Net Carbs	0g	

*Percent daily values are based on a 2000 calorie diet.

Ingredients: Whey protein isolate, white milled chia seed (Salvia Hispanica L.), inulin (chicory root) fiber, organic stevia extract, natural luo han guo monk fruit extract, natural banana flavoring, natural vegetable & tree gums, salt.

Allergen Warning: Processed in a facility that uses wheat gluten and nuts



Manufactured by LC Foods[™]
Company, Raleigh NC 27604

Net Wt. 7.1 oz. (202g) Approx. 2 cups

Makes 14 Cups of Banana Yogurt Smoothie

You'll Need:



Heavy Cream



Vanilla



Greek Yogurt



½ cup cold water

2 ½ Tbsp LC-BananaYogurt Smoothie Mix[®]

2 Tbsp low carb plain whole milk Greek yogurt (8g carbs per cup)

1 Tbsp low carb heavy cream (<1g carbs per Tbsp)

¼ tsp vanilla extract

4 - 6 ice cubes

Directions: Put all ingredients into a traditional blender, starting with the water. Use 4 large ice cube tray style cubes, or 6 small ice maker style cubes. Start blender on low then adjust to medium, blend until smooth and thick. Garnish with cocoa powder or unsweetened coconut.

LC-Greek Yogurt Smoothie Mixes[®] are low in carbohydrates, high in protein & fiber, delicious and filling.

www.HoldTheCarbs.com