

# LC-Cereal Puffs & Milk<sup>®</sup>



Already Sweetened



**Diabetic  
Friendly  
Gluten  
Free**



**Low  
Lactose  
No Milk  
Sugar**

**Directions:** Makes 2 servings. Put entire contents in a large bowl, add 1 1/4 cups chilled water and 2-3 Tbls cream to taste.

## Nutrition Facts

Serving Size 1 cup (46.5g)  
Servings per container 2

Amount Per Serving  
**Calories** 178  
Calories from Fat 5

		%Daily Value*			
<b>Total Fat</b>	.6g	1%	<b>Total Carbohydrate</b> 2.1g	1%	
Saturated Fat	.4g	2%	Dietary Fiber	1.3g	5%
Trans Fat	0g		Sugars	0g	0%
<b>Cholesterol</b>	10mg	3%	<b>Protein</b>	41g	82%
<b>Sodium</b>	121mg	5%	<b>Net Carbs</b>	.8g	

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

**Ingredients:** Contains a proprietary/patent pending blend of whey protein isolates, milk protein isolates, Inulin (chicory root) fiber, salt, organic stevia rebaudiana leaf extract, natural luohanguo monk fruit extract.

**Contains:** Milk



Manufactured by LC Foods<sup>™</sup>  
Company, Raleigh NC 27610

Net Wt. 3.28 oz. (93g) Approx. 2 cups