

LC-Cinnamon Toast Puffs & Milk®

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*

Total Fat .6g	1%	Total Carbohydrate 2.1g	1%
Saturated Fat .4g	2%	Dietary Fiber 1.3g	5%
Trans Fat 0g		Sugars 0g	0%
Cholesterol 10mg	3%	Protein 41g	82%
Sodium 121mg	5%	Net Carbs .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, cinnamon, salt, organic stevia rebaudiana leaf extract, natural luohanguo monk fruit extract.

Contains: Milk



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Manufactured by LC Foods™
Company, Raleigh NC 27610

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