

LC-Chocolate Yogurt Smoothie®

Greek Yogurt Style



Nutrition Facts

Serving Size 2½ Tbsp (16.3g)
(makes 1 8-10 oz smoothie)
Servings per container 14
Amount Per Serving
Calories 68
Calories from Fat 18

%Daily Value*

Total Fat 2g	3%	Total Carbohydrate 5.5g	2%
Saturated Fat .3g	2%	Dietary Fiber 5.5g	22%
Trans Fat 0g		Sugars 0g	0%
Cholesterol 0mg	0%	Protein 7g	14%
Sodium 52mg	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.), dutch cocoa powder, inulin (chicory root) fiber, organic stevia extract, natural luo han guo monk fruit extract, natural vegetable & tree gums, salt.

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

Net Wt. 8.0 oz. (228g) Approx. 2 cups

Manufactured by LC Foods™
Company, Raleigh NC 27604



Makes 14 Cups of Chocolate Yogurt Smoothie

You'll Need:



Heavy Cream



Vanilla



Greek Yogurt



½ cup cold water

2 ½ Tbsp LC-Chocolate Yogurt 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)

½ 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