

# LC-Brownie Mix<sup>®</sup>



Net Carbs  
**1g**  
Per Serving



**Low Carb & Gluten Free**

## Nutrition Facts

Serving Size 3.9 tsp (13.1g)  
(approx 1½" x 1½" brownie prepared)  
Servings per container 25  
Amount Per Serving  
Calories 52  
Calories from Fat 16

%Daily Value\*

<b>Total Fat</b> 1.8g	<b>3%</b>	<b>Total Carbohydrate</b> 8g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>	Dietary Fiber 7g	<b>28%</b>
Trans Fat 0g		Sugars 0g	<b>0%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>	<b>Protein</b> 1g	<b>2%</b>
<b>Sodium</b> 42mg	<b>2%</b>	<b>Net Carbs</b> 1g	

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

**Ingredients:** A proprietary blend of tapioca, almond and coconut flours, flax meal, cocoa, Inulin chicory root fiber, polydextrose fiber, baking powder, salt, natural stevia rebaudiana leaf, natural luohanguo monk fruit.

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



7 54205 30166 9

Manufactured by LC Foods<sup>™</sup>  
Company, Raleigh NC 27604

Net Wt. 11.6 oz. (329g) Approx. 2 cups

Makes 25 Brownie Squares 1½" x 1½"

**You'll Need:**



Butter

+



Eggs

+



Vanilla

+



Sour Cream



4 medium - large eggs, beaten

1 tsp vanilla

1/3 cup unsalted butter, melted

1/2 cup sour cream (low carb from cultured cream, not low fat)

1/3 cup + 4 tsp room temp water

**Directions:** In a large bowl, place the entire package of the LC-Brownie Mix<sup>®</sup>. In a separate bowl, mix the rest of the ingredients thoroughly. Add wet ingredients to dry, and mix thoroughly, by hand or electric mixer. Grease or spray an 8" x 11" pan or 11-12 cupcake tins. For thicker brownies use a 9" round or 8" x 8" square pan. Pour batter into pan. Bake at 375° F for 20 - 22 minutes, until knife inserted near center comes out clean. Cool 15 minutes in pan before cutting. Brownies can be cut and frozen for individual servings to enjoy anytime! For more cakey brownies, add an additional egg.

Find out more at: [lowcarbfoods.com](http://lowcarbfoods.com)