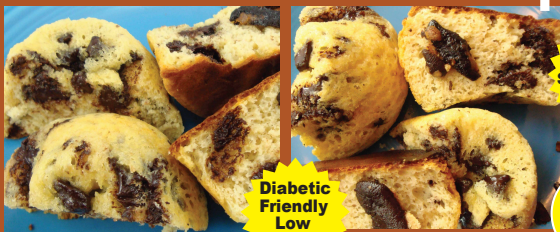


# LC-Chocolate Chip Muffins<sup>®</sup>



Artificial  
Sweetener  
FREE



Diabetic  
Friendly  
Low  
Carb

Net Carbs  
1g  
Per Serving

## Nutrition Facts

Serving Size ¼ cup (35.3g)

(1 - regular size muffin prepared)

Servings per container 12

Amount Per Serving

Calories 73

Calories from Fat 9

		%Daily Value*	
<b>Total Fat</b> 4g	6%	<b>Total Carbohydrate</b> 11g	4%
Saturated Fat 2.2g	11%	Dietary Fiber 8g	32%
Trans Fat 0g		Alcohol Sugars 2g	
<b>Cholesterol</b> 0g	0%	<b>Protein</b> 5g	10%
<b>Sodium</b> 98mg	4%	<b>Net Carbs</b> 1g	

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

**Ingredients:** Wheat protein isolates, resistant wheat starches, flax seed meal, vital wheat gluten, Inulin chicory root fiber, unsweetened chocolate liquor, erythritol, cocoa butter, organic sunflower lecithin, baking powder, organic stevia rebaudiana leaf natural herbal extracts, natural luo han guo monk fruit, salt and natural enzymes.

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

Manufactured by LC Foods™  
Company, Raleigh NC 27604



Net Wt. 14.9 oz. (424g) Approx. 3 cups

## Mix Makes 12 Regular Sized Muffins

**You'll  
Need:**



- 3 eggs (medium - large size, beaten)
- 2 Tbsp unsalted butter (melted)
- 2 Tbsp & 1 tsp melted coconut oil or other oil
- 2 Tbsp (0 carb per serving) heavy cream
- ¼ cup & 2 Tbsp water
- 1 tsp vanilla

**Directions:** In a large bowl, place entire package of the LC-Muffin Mix<sup>®</sup>. Add the rest of the ingredients and mix thoroughly. Add nuts or fruit if desired. Grease and spray a cupcake pan in your desired size. Pour batter into the cupcake tin about three quarters full, or for a larger muffin top, fill nearly full. Bake higher in the oven at 375° F for 13-15 minutes, until slightly browned. Cool 15 minutes in pan before placing onto a cooling rack.

[www.HoldTheCarbs.com](http://www.HoldTheCarbs.com)