

# LC-Chocolate Muffins®



**Low  
Carb**

**Gluten  
Free**

## Nutrition Facts

Serving Size 10 tsp (34.7g)  
(1 - large muffin)

Servings per container 10

Amount Per Serving

**Calories** 138

Calories from Fat 42

%Daily Value\*

<b>Total Fat</b> 4.7g	<b>7%</b>	<b>Total Carbohydrate</b> 21g	<b>7%</b>
Saturated Fat 0g	<b>0%</b>	Dietary Fiber 19g	<b>76%</b>
Trans Fat 0g		Sugars 0g	<b>0%</b>
<b>Cholesterol</b> 0g	<b>0%</b>	<b>Protein</b> 3g	<b>6%</b>
<b>Sodium</b> 111mg	<b>5%</b>	<b>Net Carbs</b> 2g	

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

**Ingredients:** A proprietary blend of tapioca, almond and coconut flours, flax meal, dutch cocoa, Inulin chicory root fiber, polydextrose fiber, baking powder, salt, organic stevia rebaudiana leaf natural herbal extracts, natural luo han guo monk fruit.

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

Manufactured by LC Foods™  
Company, Raleigh NC 27604



Net Wt. 12.2 oz. ( 346.8g) Approx. 2 1/3 cups

## Makes 10 - Large Chocolate Muffins

**You'll  
Need:**



Butter

+



Sour Cream

+



Eggs

+



Vanilla



4 eggs (medium - large size, beaten)

1/3 cup unsalted butter, melted

1/3 cup sour cream (low carb from cultured cream & not low fat)

2 tsp vanilla extract

4 tsp room temp water

**Directions:** Preheat oven to 350° F. In a medium bowl, place entire bag of LC-Chocolate Muffin Mix®. Add the eggs, butter, sour cream, vanilla and water. Mix just until combined. Grease and spray a muffin pan in your desired size. Pour batter into 10 or more muffin holes. Bake higher in the oven for 18-20 minutes, until knife inserted into the center comes out clean. Cool 15 minutes in pan before turning out onto cooling rack. Finished muffins can be easily frozen.

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