

Chocolate Coconut Cream Pudding

Ingredients: 1 can (13.5 oz) LC-Coconut Cream
¼ cup LC-Chocolate Sauce
¼ cup LC-Coconut Flakes

Directions: In a medium bowl combine entire can of coconut cream and LC-Chocolate Sauce. Blend together with an electric hand mixer. Add coconut flakes and fold together with a spoon. Place in 2-4 serving bowls. Prepare LC-Chocolate sauce per package directions and drizzle some over prepared pudding and top with a sprinkle of LC-Coconut Flakes.

Directions for use: Coconut cream and coconut water in can separate and the coconut cream rises to the top. Stir to combine before using, if desired depending on your recipe requirements.

Store in a cool dry place.
Refrigerate and use within
2 days after opening.



Manufactured for LC Foods™
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LC-Coconut Cream®



Diabetic
Friendly
Low
Carb

Dairy
Free
LCHF

Net Wt. 13.5 oz. (400ml) Approx. 1 1/3 cups

Nutrition Facts

Serving Size 1/3 cup (80 ml)
Servings per container about 5

Amount Per Serving

Calories 208 **Calories from Fat** 198

	%Daily Value*
Total Fat 22g	22%
Saturated Fat 20g	65%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 54mg	1%
Potassium 0mg	0%
Total Carbohydrate 1g	0%
Dietary Fiber <1g	0%
Sugars 0g	
Protein 1.5g	

Vitamin A 0% • Vitamin C 0%
Calcium 0% • Iron 4%

*Percent daily values (DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Ingredients: Non GMO Coconut Milk
Product of Thailand