Chocolate Coconut Cream Pudding

Ingredients: 1 can (13.5 oz) LC-Coconut Cream

'4 cup LC-Chocolate Sauce

'4 cup LC-Coconut Flakes

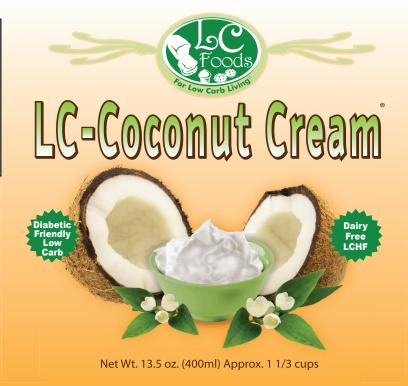
<u>Directions:</u> In a medium bowl combine entire can of coconut cream and LC-Chocolate Sauce. Blend together with an electric hand mixer. Add coconut flakes and fold together with a spoon. Place in 2-4 serving bowls. Prepare LC-Chocolate sauce per package directions and drizzle some over prepared pudding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

<u>Directions for use:</u> 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[™] Company, Raleigh NC 27604 www.HoldTheCarbs.com



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% 0% Trans Fat 0g Cholesterol Oma 0% Sodium 54ma 1% Potassium 0mg 0% Total Carbohydrate 1q 0% Dietary Fiber <1a Sugars 0g

Protein 1.5q

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 higer or lower depending on your calorie needs.

Ingredients: Non GMO Coconut Milk Product of Thailand