

LC-Granola Cereal® Berries & Almonds



**Diabetic
Friendly
Gluten
Free**

**Paleo
Ketogenic
LCHF
Friendly**



**Net Carbs
1.5g
Per Serving**

Refrigerating may lose maximum crispness.
Breakup cereal into your desired consistency.

Nutrition Facts

Serving Size ½ cup (28.37g)
Servings per container 8

Amount Per Serving
Calories 154
Calories from Fat 92

				%Daily Value*
Total Fat 10.2g	16%	Total Carbohydrate 12g		4%
Saturated Fat 2.9g	15%	Dietary Fiber 10.5g		42%
Trans Fat 0g		Sugars 1g		
Cholesterol 0mg	0%	Protein 3.6g		7%
Sodium 5mg	0%	Net Carbs 1.5g		

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

Ingredients: Organic cracked flax seed, organic chopped flax seed meal, salvia hispanica L. milled chia seed grains, dry roasted almonds, No sugar added dried red barberries (zereshk), coconut oil, inulin (chicory root) fiber, oat fiber, digestion resistant polydextrose fiber, vanilla extract, organic stevia rebaudiana leaf natural herbal extracts, natural luohanguo monk fruit.

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



Net Wt. 8 oz. (227g) Approx. 4 cups

Manufactured by LC Foods™
Company, Raleigh NC 27604