

# LC-Granola Cereal® Chocolate Chips & Almonds



**Paleo  
Ketogenic  
Diabetic  
Friendly**

**Low Carb & Gluten Free**



**Net Carbs**  
**1.5g**  
Per Serving

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

## Nutrition Facts

Serving Size ½ cup (30.7g)  
Servings per container 8

Amount Per Serving  
**Calories** 178  
Calories from Fat 105

		%Daily Value*	
<b>Total Fat</b> 11.7g	<b>18%</b>	<b>Total Carbohydrate</b> 14.2g	<b>5%</b>
Saturated Fat 3.8g	<b>19%</b>	Dietary Fiber 11.6g	<b>46%</b>
Trans Fat 0g		Alcohol Sugars 1.1g	
<b>Cholesterol</b> 0mg	<b>0%</b>	<b>Protein</b> 3.9g	<b>8%</b>
<b>Sodium</b> 5mg	<b>0%</b>	<b>Net Carbs</b> 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, roasted almonds, unsweetened chocolate, erythritol, inulin fiber, cocoa butter, oat fiber, digestion resistant polydextrose fiber, coconut oil, organic soy lecithin, vanilla extract. organic stevia leaf natural herbal extracts, natural luco han guo monk fruit.

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



Net Wt. 8.67 oz. (246g) Approx. 4 cups

Manufactured by LC Foods™  
Company, Raleigh NC 27610