

# LC-Gluten Free Chocolate Chip Cookies®



**Low Carb & Gluten Free**

**Paleo  
Ketogenic  
Diabetic  
Friendly**



**Net Carbs  
1g  
Per Serving**



**Includes Sugar Free Chocolate!**

## Nutrition Facts

Serving Size 7 tsp (26.8g)  
(approx 1 - 3" cookie prepared)  
Servings per container 16  
Amount Per Serving  
**Calories** 123  
Calories from Fat 52

		%Daily Value*	
<b>Total Fat</b>	5.8g	<b>9%</b>	<b>Total Carbohydrate</b> 16g <b>5%</b>
Saturated Fat	1.7g	<b>9%</b>	Dietary Fiber 13g <b>52%</b>
Trans Fat	0g		Alcohol Sugars 2g
<b>Cholesterol</b>	0g	<b>0%</b>	<b>Protein</b> 1.6g <b>3%</b>
<b>Sodium</b>	124mg	<b>5%</b>	<b>Net Carbs</b> 1g

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

**Ingredients:** Tapioca, almond and coconut flours, flax seed meal, Inulin chicory root fiber, polydextrose fiber, unsweetened chocolate liquor, erythritol, natural vegetable plant fiber, cocoa butter, organic sunflower lecithin, baking soda, organic stevia, natural luohan guo monk fruit, salt, natural flavoring & caramel color.

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

Net Wt. 15 oz. (429g) Approx. 2 1/3 cups



Manufactured by LC Foods™  
Company, Raleigh NC 27610

## Makes 16 - 3" GF Chocolate Chip Cookies

**You'll Need:**



- 2 eggs (medium - large size, beaten)
- 3 Tbsp unsalted butter, melted
- 1/3 cup sour cream (low carb from cultured cream & not low fat)
- 1½ tsp vanilla extract
- 2 Tbsp water - ½ cup chopped walnuts (optional)

**Directions for 16 cookies:** Chill bag prior to use. Preheat oven to 375° F. In a medium bowl, place entire bag of LC-Gluten Free Chocolate Chip Cookie Mix®. Add the eggs, butter, sour cream, vanilla and water. Mix just until combined, then add optional walnuts. Grease or spray 2 cookie sheets. Drop by 16 equal spoonfuls onto the sheets, and form into desired cookie shapes. Place cookie sheet on your oven's highest rack level. Bake for 12-14 minutes. Allow to cool for 5 minutes on trays before removing to fully cool on a wire rack.

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