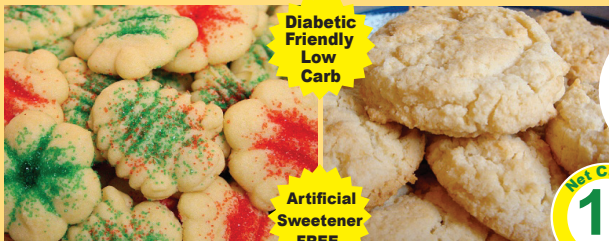


LC-Almond Spritz Cookies®



Diabetic Friendly
Low Carb

Artificial Sweetener
FREE

Net Carbs
1g
Per Serving



Nutrition Facts

Serving Size 10 tsp (24.8g)
(approx 1 - 3" cookie prepared)
Servings per container 12
Amount Per Serving
Calories 85
Calories from Fat 9

		%Daily Value*	
Total Fat	1	2%	Total Carbohydrate 10g 3%
Saturated Fat	0g	0%	Dietary Fiber 9g 36%
Trans Fat	0g		Sugars 0g 0%
Cholesterol	0g	0%	Protein 9g 18%
Sodium	179mg	8%	Net Carbs 1g

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

Ingredients: Wheat protein isolates, resistant wheat starches, flax seed meal, vital wheat gluten, inulin (chicory root) fiber, digestion resistant polydextrose fiber, baking powder, salt, organic stevia rebaudiana leaf natural herbal extracts, natural luo han guo monk fruit and natural enzymes.

Allergen Warning: Processed in a facility that uses nuts

Manufactured by LC Foods™
Company, Raleigh NC 27604



Net Wt. 9.2 oz. (260g) Approx. 2 1/2 cups

Makes 12-14 Spritz or Almond Cookies

You'll Need:



4 Tbsp butter (melted) - 1 egg beaten -
1 tsp vanilla extract - 1/2 tsp almond extract (spritz cookies)
or 1 tsp almond extract (almond cookies)

Directions for 6-7 Spritz Cookies: Chill cookie sheet in the refrigerator before beginning. In a medium bowl, place 1 1/4 cups of LC-Almond Spritz Cookie Mix®. Add butter, vanilla, almond extract and egg. Mix until just combined. Cover with plastic wrap and place in the refrigerator to chill only for about 10 minutes, until the dough is not sticky to the touch. Preheat oven to 375° F. Load dough into the cookie gun, and form cookies with the gun or by hand, and then decorate as desired. Place cookie sheet on the oven's highest rack level. Bake for 11-12 minutes. Cool on a wire rack. Enjoy!

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