

LC-Banana Muffin Mix[®]



Diabetic
Friendly
Low
Carb

Artificial
Sweetener
FREE

Net Carbs
1g
Per Serving



Nutrition Facts

Serving Size 8.4 tsp (17.9g)

(1 - regular size muffin prepared)

Servings per container 12

Amount Per Serving

Calories 65

Calories from Fat 9

		%Daily Value*	
Total Fat 1g	2%	Total Carbohydrate 9g	3%
Saturated Fat 0g	0%	Dietary Fiber 8g	32%
Trans Fat 0g		Sugars 0g	
Cholesterol 0g	0%	Protein 5g	10%
Sodium 148mg	6%	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, natural banana & brown sugar flavoring, natural enzymes.

Allergen Warning: Processed in a facility that uses nuts

Manufactured by LC Foods[™]
Company, Raleigh NC 27604



Net Wt. 7.6 oz. (215g) Approx. 2.1 cups

Mix Makes 12 Regular Sized Banana Muffins

**You'll
Need:**



- 3 eggs (medium - large size, beaten)
- 2 Tbsp unsalted butter (melted)
- 2 Tbsp & 1 tsp melted coconut oil or other oil
- 2 Tbsp (0 carb per serving) heavy cream
- ¼ cup & 2 Tbsp water
- 1 tsp vanilla

Directions: In a large bowl, place entire package of the LC-Banana Muffin Mix[®]. Add the rest of the ingredients and mix thoroughly. Add nuts or fruit if desired. Grease and spray a cupcake pan in your desired size. Pour batter into the cupcake tin about three quarters full, or for a larger muffin top, fill nearly full. Bake higher in the oven at 375° F for 13-15 minutes, until slightly browned. Cool 15 minutes in pan before placing onto a cooling rack.

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