

# LC-Banana Pancake Mix<sup>®</sup>



Diabetic  
Friendly  
Low  
Carb



Net Carbs  
1g  
Per Serving

## Nutrition Facts

Serving Size 1/4 cup (26.6g)  
(two - 4" pancakes prepared)  
Servings per container 10  
Amount Per Serving  
Calories 60  
Calories from Fat 0

		%Daily Value*	
<b>Total Fat</b>	0	<b>0%</b>	<b>Total Carbohydrate</b> 9g <b>3%</b>
	Saturated Fat 0g	<b>0%</b>	Dietary Fiber 8g <b>32%</b>
	Trans Fat 0g		Sugars 0g <b>0%</b>
<b>Cholesterol</b>	0g	<b>0%</b>	<b>Protein</b> 6g <b>12%</b>
<b>Sodium</b>	155mg	<b>7%</b>	<b>Net Carbs</b> 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.

**Allergen Warning:** Processed in a facility that uses nuts

Manufactured for LC Foods<sup>™</sup>  
Company, Raleigh NC 27604



Net Wt. 9.3 oz. ( 266g) Approx. 2 1/2 cups

## Mix Makes 20 - 4" Banana Pancakes

**You'll  
Need:**



Heavy  
Cream

+



Butter

+



Eggs

+



Vanilla



1 whole egg + 1 egg white beaten (medium - large)

2 Tbsp & 2 tsp softened unsalted butter

2 tsp heavy cream (0 carb cream - no milk added)

2 Tbsp water

1/8-1/4 tsp vanilla

1/2 cup & 2 Tbsp of LC-Banana Pancake Mix<sup>®</sup>

**Directions:** In a medium bowl, beat eggs with an electric mixer, before adding the remaining ingredients. Mix thoroughly, and then beat on medium until smooth. Preheat your griddle to medium and spread with coconut oil or other oil. Spoon batter onto hot griddle and cook both sides evenly turning once. Options - add walnuts to make banana walnut pancakes. Serve with sugar free maple syrup, butter, or LC-Confectionery Powder<sup>®</sup>.

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