

LC-Belgian Waffles[®]



Diabetic
Friendly
Low
Carb



Net Carbs
2g
Per Serving

High Protein & Fiber

Nutrition Facts

Serving Size 1/4 cup (23.6g)
(1 regular waffle or 3/4 belgian prepared)
Servings per container 10
Amount Per Serving
Calories 111
Calories from Fat 11

		%Daily Value*	
Total Fat	1.2g	2%	Total Carbohydrate 14g 5%
Saturated Fat	0g	0%	Dietary Fiber 12g 48%
Trans Fat	0g		Sugars 0g 0%
Cholesterol	0g	0%	Protein 11g 22%
Sodium	238mg	10%	Net Carbs 2g

*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 for LC Foods™
Company, Raleigh NC 27604



Net Wt. 9.4 oz. (267g) Approx. 2¾ cups

Makes 10 Standard Waffles or 6 Jumbo Belgian

**You'll
Need:**



Heavy
Cream

+



Butter

+



Eggs

+



Vanilla



3 large eggs beaten

9 Tbsp melted unsalted butter

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

¾ cups water

1½ tsp vanilla (no sugar added)

Directions: In a large bowl, beat eggs with an electric mixer until foamy. Add the entire package of LC-Belgian Waffle Mix[®]. Add butter, cream, water & vanilla. Mix thoroughly with a spoon, and then blend with hand mixer until smooth. Pour waffle batter into the preheated waffle iron and cook according to manufacturer's directions. Options - you can also add fruits, nuts & cinnamon into the batter. Serve with sugar free maple syrup, butter, LC-Confectionery Powder[®], or LC-Fruit Preserves[®] as desired. You can also freeze them!

www.HoldTheCarbs.com