

LC-Biscuit & Pie Crust Flour®



Diabetic
Friendly
Low
Carb



More info & recipes at
HoldTheCarbs.com

For Biscuits, Pie Crusts, Flaky Pastries, & Waffles

Nutrition Facts

Serving Size 1/4 Cup (28.5g)
Servings per container 8

Amount Per Serving

Calories 106

Calories from Fat 14



7 54205 30113 3

%Daily Value*			
Total Fat	1.5g	2%	Total Carbohydrate 13g 4%
Saturated Fat	0g	0%	Dietary Fiber 11g 44%
Trans Fat	0g		Sugars 0g 0%
Cholesterol	0g	0%	Protein 10g 20%
Sodium 65mg	3%	Net Carbs 2g	

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

ingredients: contains a proprietary/patent pending blend of wheat protein isolates, resistant wheat starches, flax seed meal, vital wheat gluten, and natural enzymes.

allergen Warning: Processed in a facility that uses nuts.

Manufactured for the
LC Foods Company,
Raleigh NC 27604
919-510-6688

Net Wt. 8 oz. (227g) Approx. 1.93 cups

LC-Biscuit & Pie Crust Flour® Starter Recipes:



Southern Style Drop Biscuits - Makes 3

- 1 cup LC-Biscuit & Pie Crust Flour® (chilled)
- ¾ tsp LC-White Sweetener or alternative
- 1 tsp baking powder
- 2 pinches salt
- 2 Tbsp & 2 tsp unsalted butter (frozen)
- 2 Tbsp & 2 tsp shortening (frozen)
- 1 egg (medium - large) beaten
- 2 Tbsp sour cream (from cultured cream)

Directions: Using a food processor with S blade, mix together all the dry ingredients. Cut frozen butter & shortening into the mixture and pulse 5-6 times until mixture resembles peas. Beat egg and cream together, blend into the mixture using a fork. Drop by spoonfuls onto plastic wrap and refrigerate for minimum of 30 minutes. Bake at 375° F on a ungreased cookie sheet placed higher in the oven for 15-17 minutes.

9" Pie Crust Shell - Makes 1

- 1¼ cups LC-Biscuit & Pie Crust Flour®
- ¼ tsp salt
- ¼ tsp baking powder
- 1 Tbsp LC-White Sweetener or alternative
- ¼ cup (½ stick) unsalted butter (frozen)
- 3 Tbsp shortening (frozen)
- 5 tsp heavy cream (low carb)
- 1½ tsp white vinegar

Directions: In a food processor with S blade, mix all dry ingredients. Cut frozen butter & shortening in and pulse 5-6 times until mixture resembles peas. Mix heavy cream, white vinegar and 5 tsp water together. Add to pie crust mixture, blending with a fork. Press dough together, place on a clean surface, roll out, fill pie plate and make edge. Cover and refrigerate 1 hour. For filled pies, bake at 425° F for 15 min, then follow pie filling recipe for time and temp to finish. For unfilled pie shells bake at 375° F for 18-20 minutes.

Find out more at **HoldTheCarbs.com** 919-510-6688