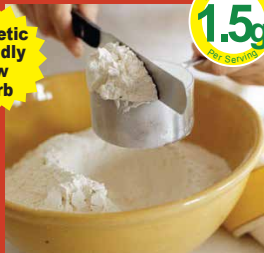


LC-Cake Flour®



Diabetic
Friendly
Low
Carb



Net Carbs
1.5g
per Serving



More info & recipes at
HoldTheCarbs.com

Makes Low Carb Cakes, Cookies, Muffins & Brownies

Nutrition Facts

Serving Size 1/4 Cup (24.6g)
Servings per container 9

Amount Per Serving

Calories 96

Calories from Fat 9



		%Daily Value*	
Total Fat	1g	2%	Total Carbohydrate 8.6g 3%
Saturated Fat	0g	0%	Dietary Fiber 7.1g 28%
Trans Fat	0g		Sugars 0g 0%
Cholesterol	0g	0%	Protein 13g 27%
Sodium	160mg	7%	Net Carbs 1.5g

*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 glutes, 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. 2.3 cups

LC-Cake Flour® Starter Recipe:

5" Small Yellow Cake or 2-3 Cupcakes

1/2 cup LC-Cake Flour #5

3/4 tsp & 1/8 tsp baking powder

2 Tbsp & 2 1/4 tsp LC-Sweet White or alternative

6-8 drops LC-Sweet Drops or alternative

2 Tbsp melted coconut oil or other oil

2 Tbsp & 2 tsp water

2 tsp 0 carb per serving heavy cream

1 egg (medium-large size) beaten

3/4 tsp vanilla

Pinch salt



Directions: Mix together wet and dry ingredients separately. Combine and mix thoroughly. Bake in a greased pan or muffin tin at 350°F for 22-24 minutes.

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