

# LC-Chocolate Frosting Mix®

Diabetic  
Friendly  
Gluten  
Free

Artificial  
Sweetener  
FREE

Net Carbs  
0g  
Per Serving



## Nutrition Facts

Mix Serving Size 1 Tbsp (8.6g)  
(approx 1 Tbsp prepared frosting)  
Servings per container 34  
Amount Per Serving  
**Calories 30**  
Calories from Fat 0

		%Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>	<b>Total Carbohydrate</b> 7.5g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>	Dietary Fiber 7.5g	<b>30%</b>
Trans Fat 0g		Sugars 0g	<b>0%</b>
<b>Cholesterol</b> 0g	<b>0%</b>	<b>Protein</b> 0g	<b>0%</b>
<b>Sodium</b> 3mg	<b>0%</b>	<b>Net Carbs</b> 0g	

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

**Ingredients:** Contains a proprietary/patent pending blend of Inulin (chicory root) fiber, soluble dietary fiber, oat fiber, digestion resistant polydextrose fiber, cocoa, organic stevia rebaudiana leaf natural herbal extracts, natural Luo Han Guo monk fruit and natural dietary vegetable plant fiber.

**Warning:** Processed in a facility that uses wheat gluten and nuts.

Net Wt. 10.3 oz. (293g) Approx. 2 cups

Manufactured by LC Foods™  
Company, Raleigh NC 27604



Makes 2 1/8 cups frosting enough for 2 - 9" cakes

**You'll  
Need:**



+



+



+



1/8 tsp vanilla

1 Tbsp & 2 tsp unsalted butter, softened

### To Make Butter Cream Frosting:

In a bowl, place 1/3 cup of LC-Chocolate Frosting Mix, and add 1 Tbsp water and vanilla mixing thoroughly. Next mix and whip in softened butter, blend by hand, and then with a mixer if desired for a smooth consistency. If allowed to sit, the frosting will thicken, so frost your baked goods immediately while the frosting is easy to spread.

### To Make Whipped Cream Frosting:

Prepare frosting as above. Add 1/2 cup of (0) carb heavy cream and blend with a mixer to the desired consistency.

### To Make Cream Cheese Frosting:

Replace butter with 1/4 - 1/3 cup of cream cheese, blend with a mixer to the desired consistency.

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