

# LC-Chocolate Nut Clusters<sup>®</sup>



**NO Maltitol  
No Artificial  
Sweeteners**

**Diabetic  
Friendly  
Gluten  
Free**



**Net Carbs  
.3g  
Per Serving**

**\*Nuts Not  
Included**

## Nutrition Facts

Mix Serving Size 2.6 tsp (6.5g)  
(approx 1½" x 1½" cluster)  
Servings per container 24  
Amount Per Serving  
**Calories 24**  
Calories from Fat 0

			%Daily Value*
<b>Total Fat</b> 0g	<b>0%</b>	<b>Total Carbohydrate</b> 4.7g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>	Dietary Fiber 4.4g	<b>18%</b>
Trans Fat 0g		Sugars 0g	<b>0%</b>
<b>Cholesterol</b> 0g	<b>0%</b>	<b>Protein</b> 1.2g	<b>3%</b>
<b>Sodium</b> 3mg	<b>0%</b>	<b>Net Carbs</b> .3g	

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

**Ingredients:** Contains a proprietary/patent pending blend of Inulin (chicory root) fiber, dutch cocoa, soluble dietary fiber, digestion resistant polydextrose fiber, whey protein isolate, organic stevia rebaudiana leaf, natural luo han guo monk fruit, natural dietary plant & vegetable gum fibers.

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



Net Wt. 5.53 oz. (157g) Approx. 1 1/3 cups

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

Mix makes 24 nut clusters 1½" x 1½" in size

**You'll  
Need:**



or Cream +



### Directions to make 12 Dark Chocolate Nut Clusters:

Prepare & set aside 2/3 cup chopped or whole pecans, walnuts or almonds as desired. Place 2/3 cup LC-Chocolate Nut Cluster Mix<sup>®</sup> in a medium bowl. In a separate small bowl, combine 2 Tbsp plus 1/2 tsp melted butter and 2 Tbsp plus 2 tsp water. Add wet to dry and mix thoroughly. Immediately add nuts. Working quickly, drop 12 equal spoonfuls onto a flat surface lined with plastic wrap, wax paper or parchment paper. Allow clusters to fully set for 20 minutes. Refrigerate or freeze until use.

### Directions to make 12 Milk Chocolate Nut Clusters:

Prepare as above, except in the separate bowl, omit butter & combine 4 Tbsp (0 carb per serving) heavy cream and 2 ½ tsp water instead.

**Note:** LC-Chocolate Nut Clusters<sup>®</sup> are high in fiber and may add significantly to your total fiber intake. Make sure to observe portion size control when eating a lot of fiber in your diet.

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