

LC-Cinnamon Buns[®]



Diabetic Friendly Low Carb

Net Carbs 1g
Per Serving



Artificial Sweetener FREE

***Glaze Sold Separately**

Nutrition Facts

Serving Size 8 tsp (17.4g)
(approx 1 - 2 3/4" bun prepared)
Servings per container 9
Amount Per Serving
Calories 89
Calories from Fat 9

				%Daily Value*
Total Fat	1g	2%	Total Carbohydrate	13g 5%
Saturated Fat	0g	0%	Dietary Fiber	12g 48%
Trans Fat	0g		Sugars	0g 0%
Cholesterol	0g	0%	Protein	7g 14%
Sodium	138mg	6%	Net Carbs	1g

*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, cinnamon & brown sugar spices, cocoa, salt, natural vegetable gum, organic stevia rebaudiana leaf, natural luo han guo monk fruit, natural color titanium dioxide & natural enzymes.

Allergen Warning: Processed in a facility that uses nuts



Net Wt. 5.5 oz (157g) Approx. 1 1/2 cups

Manufactured by LC Foods[™]
Company, Raleigh NC 27604

Mix Makes 9 - 2 3/4" Cinnamon Buns

You'll Need:



- 2 1/2 tsp instant, rapid rise or bread machine yeast (not active dry)
- 3 Tbsp unsalted melted butter - 3/4 tsp vanilla extract
- 4 Tbsp warmed 0 carbs heavy cream - 1/2 cup chopped walnuts
- 2 Tbsp room temp carbonated water, seltzer or club soda

Place LC-Cinnamon Bun Mix[®] in a medium bowl. Add yeast and mix. Add butter, cream, vanilla and seltzer. Dough should be stand up firm in order to roll. Add 1-2 tsp additional seltzer if too dry. Mix or knead dough about 2 min. Separate dough into 3 equal portions. Prepare the Cinnamon Sugar Filling packet by adding 2 Tbsp water mix and then 1 Tbsp melted butter. Prepare one portion of dough, pressing or rolling it to approx 3" x 12" size. Cut the dough into 3 long 1" strips, but do not separate the strips yet. Spread with 1/3 of the prepared cinnamon filling and walnuts. Rollup each of the 3 strips. Place them into a sprayed 9" round or 8" x 8" square cake pan or muffin tin. Prepare remaining dough as above. Cover and place low in a warm 70-85° F oven for 40 min to rise. Remove, and preheat oven to 400° F. Bake in center of oven for 13-14 min. Allow to cool before adding glaze or frosting.

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