

LC-Cracker Thins®



**Diabetic
Friendly
Gluten
Free**

**Net Carbs
1g
Per Serving**

Nutrition Facts

Mix Serving Size 7 tsp (17g)
(approx 5 - 1 3/4" x 1 3/4" crackers)
Servings per container 14
Amount Per Serving
Calories 79
Calories from Fat 33

%Daily Value*

Total Fat 3.7g	6%	Total Carbohydrate 7g	2%
Saturated Fat 0g	0%	Dietary Fiber 6g	24%
Trans Fat 0g		Sugars 0g	0%
Cholesterol 0g	0%	Protein 4.3g	9%
Sodium 70mg	3%	Net Carbs 1g	

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

Ingredients: A proprietary blend of almond, coconut and tapioca flours, golden flax meal, whey protein and baking soda.

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

Net Wt. 8.3 oz. (237.8g) Approx. 2 cups

Makes approx 72 crackers 1 3/4" x 1 3/4" in size

**You'll
Need:**



Oil

+



Egg Whites

+

Salt



Directions for making 36 crackers (uses 1/2 bag of mix):

In a medium bowl, place 1 cup of LC-Cracker Thins Mix®. Add 8 tsp of vegetable oil or other oil. Add 1 beaten egg white or 8 tsp egg white substitute. Combine together thoroughly and place dough onto parchment paper. Cover with plastic wrap, press down and roll out with a rolling pin as paper thin as possible. Sprinkle with salt as desired. Place (with the parchment paper) on a cookie sheet, and score cracker mixture with a pastry wheel, pizza or biscuit cutter to your desired sizes and shapes. Bake at 375° F for 9-11 minutes. Remove from oven, and separate on scored lines, while still hot to avoid breaking. Allow crackers to completely cool uncovered. For variety, add favorite toppings like sesame, pumpkin or poppy seeds, dried vegetables, or dried herbs. Press toppings slightly into dough before baking.

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

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