

LC-Cranberry Muffins®



**Artificial
Sweetener
FREE**



**Diabetic
Friendly
Low
Carb**

**Net Carbs
1.5g
Per Serving**



Nutrition Facts

Serving Size 10 tsp (18.7g)
(1 - regular size muffin prepared)
Servings per container 12

Amount Per Serving

Calories 75
Calories from Fat 9

				%Daily Value*
Total Fat 1g	2%	Total Carbohydrate 9.5g	3%	
Saturated Fat 0g	0%	Dietary Fiber 8g	32%	
Trans Fat 0g		Sugars 0g		
Cholesterol 0g	0%	Protein 7g	14%	
Sodium 147mg	6%	Net Carbs 1.5g		

*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, cranberries, baking powder, salt, organic stevia rebaudiana leaf natural herbal extracts, natural luo han guo monk fruit and natural enzymes.



Manufactured for LC Foods™
Company, Raleigh NC 27604

Net Wt. 7.9 oz. (224.7g) Approx. 2 ½ cups

Mix Makes 12 Regular Sized Cranberry Muffins

**You'll
Need:**



- 3 eggs (medium - large size, beaten)
- 2 Tbsp unsalted butter (melted)
- 2 Tbsp & 1 tsp melted coconut oil or other oil
- 2 Tbsp (0 carb per serving) heavy cream
- ¼ cup & 2 Tbsp water
- 1 tsp vanilla

Directions: In a large bowl, place entire package of the LC-Cranberry Muffin Mix®. Add the rest of the ingredients and mix thoroughly. Add nuts if desired. Grease and spray a cupcake pan in your desired size. Pour batter into the cupcake tin about three quarters full, or for a larger muffin top, fill nearly full. Bake higher in the oven at 375° F for 13-15 minutes, until slightly browned. Cool 15 minutes in pan before placing onto a cooling rack.

www.HoldTheCarbs.com