

LC-Flax & Chia Crackers®



**Diabetic
Friendly
Gluten
Free**



**Net Carbs
0g
Per Serving**

Nutrition Facts

Mix Serving Size ¼ cup (30g)
(approx 15 - 1½" x 1½" crackers)
Servings per container 34
Amount Per Serving
Calories 124
Calories from Fat 72



7 5 4 2 0 5 4 3 0 0 3 1

%Daily Value*			
Total Fat 8g	12%	Total Carbohydrate 8g	3%
Saturated Fat 0g	0%	Dietary Fiber 8g	32%
Trans Fat 0g		Sugars 0g	0%
Cholesterol 0g	0%	Protein 5g	10%
Sodium 7mg	0%	Net Carbs 0g	

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

Ingredients: Contains a proprietary/patent pending blend of organic cracked flax seed, organic chopped flax seed meal, salvia hispanica L. milled chia seed grains, chia seed meals, and natural dietary vegetable plant fiber.

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

Manufactured for LC Foods™
Company, Raleigh NC 27604

Net Wt. 8 oz. (240g) Approx. 2 cups

Makes approx 125 crackers 1½" x 1½" in size

**You'll
Need:**



Directions: In a bowl, beat together 1 egg white, 1 tsp water, 1 tsp melted coconut oil or other oil and 1/8 tsp salt. Add 1/4 cup & 2 Tbsp of LC- Flax & ChiA Cracker® Mix, stir thoroughly. Spread mixture onto parchment paper, cover with plastic wrap and press down to about 1/16" thick. Cracker mixture should press out to approx 8" x 8". Top if desired with your favorite seeds like sesame or poppy seeds, dried vegetables, and dried herbs. Press toppings into cracker mix with plastic wrap, then remove plastic. Place (with the parchment paper) on a cookie sheet, and score cracker mixture with a pastry wheel, pizza or biscuit cutter to desired shapes. Bake at 350° F for 28-35 min until edges just begin to brown. Remove from oven, and break on score lines while still hot, allow crackers to cool uncovered.

Onion & Garlic Style- Mix in 1/8 tsp onion powder, 1/8 tsp garlic powder, and 1-2 tsp dried parsley flakes.

Italian Parmesan Style- Mix in ½ tsp dried oregano, ½ tsp dried basil, 1-2 tsp dried parsley flakes, 1 Tbsp grated parmesan cheese.

Rosemary & Herb Style- Mix in ½ tsp garlic powder, ½ tsp dried rosemary, and 1-2 tsp herb seasoning or parsley flakes.

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