

LC-Granola Cereal®



**Diabetic
Friendly
Gluten
Free**

**Net Carbs
1g
Per Serving**



**Paleo
Ketogenic
LCHF**

Refrigerating may lose maximum crispness.
Breakup cereal into your desired consistency.

Nutrition Facts

Serving Size ½ cup (30g)
Servings per container 8

Amount Per Serving

Calories 187

Calories from Fat 103

		%Daily Value*	
Total Fat 11.4g	18%	Total Carbohydrate 17g	6%
Saturated Fat 4.1g	21%	Dietary Fiber 16g	64%
Trans Fat 0g		Sugars 0g	0%
Cholesterol 0g	0%	Protein 4g	8%
Sodium 8mg	0%	Net Carbs 1g	

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

Ingredients: Organic cracked flax seed, organic chopped flax seed meal, salvia hispanica L. milled chia seed grains, coconut oil, inulin (chicory root) fiber, oat fiber, digestion resistant polydextrose fiber, vanilla extract, organic stevia rebaudiana leaf natural herbal extracts, and natural luohan guo monk fruit.

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



Net Wt. 8.46 oz. (240g) Approx. 4 cups

Manufactured by LC Foods™
Company, Raleigh NC 27604