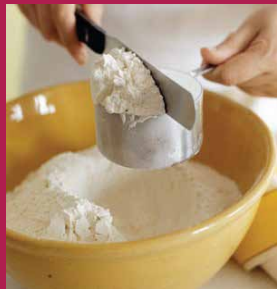


LC-Gluten Free Baking Flour®



**Diabetic
Friendly
Gluten
Free**

**Net Carbs
2.5g
Per Serving**



More info & recipes at
HoldTheCarbs.com

Nutrition Facts

Serving Size 1/4 Cup (37.8g)
Servings per container 6
Amount Per Serving
Calories 171
Calories from Fat 72



		%Daily Value*	
Total Fat	8g	12%	Total Carbohydrate 21g 7%
Saturated Fat	0g	0%	Dietary Fiber 18.5g 74%
Trans Fat	0g		Sugars 0g 0%
Cholesterol	0g	0%	Protein 3.7g 7%
Sodium	65mg	3%	Net Carbs 2.5g

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

Ingredients: A proprietary blend of tapioca, almond and coconut flours and flax meal.

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

Manufactured for the
LC Foods Company,
Raleigh NC 27604
919-510-6688

Net Wt. 8 oz. (227g) Approx. 1 1/2 cups

LC-Gluten Free Baking Flour® Starter Recipes:



Small White Bread Loaf (5 3/4" x 3" x 2.15")

- 3/4 cup LC-Gluten Free Baking Flour®
 - 3/4 tsp baking soda - 1/8 tsp salt
 - 3/4 tsp LC-Sweet White® or alternative
 - 1/4 tsp xanthan gum or konjac
 - 1 egg + 1 egg white beaten
 - 4 tsp unsalted butter (melted)
 - 2 Tbsp carbonated water, seltzer, or club soda
 - 4 tsp sour cream (1 carb from cultured cream - not milk)
- Mix all ingredients. Bake in a greased pan at 375° F for 24-26 min.

Small Yellow 5" Cake or 2-3 Cupcakes

- 1/3 cup + 1 Tbsp LC-Gluten Free Baking Flour®
 - 1/2 tsp & 1/8 tsp baking powder
 - 2 pinches salt
 - 1 Tbsp & 2 tsp LC-Sweet White or alternative
 - 2-3 drops of LC-Sweet Drops or alternative
 - 1 Tbsp melted coconut oil or other oil
 - 1 Tbsp sour cream (1 carb from cultured cream - not milk)
 - 1 egg (medium-large size) beaten - 1/2 tsp vanilla
- Mix all ingredients. Bake in a greased pan at 350° F for 21-23 min.