

LC-Brownie Mix[®]



Low Carb
Gluten Free



Net Carbs
1g
Per Serving

Artificial
Sweetener
FREE

Nutrition Facts

Serving Size 3.9 tsp (12.2g)
(approx 1 1/2" x 1 1/2" brownie prepared)
Servings per container 25
Amount Per Serving
Calories 52
Calories from Fat 16

		%Daily Value*	
Total Fat	1.8g	3%	Total Carbohydrate 8g 3%
Saturated Fat	0g	0%	Dietary Fiber 7g 28%
Trans Fat	0g		Sugars 0g 0%
Cholesterol	0mg	0%	Protein 1g 2%
Sodium	42mg	2%	Net Carbs 1g

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

Ingredients: A proprietary blend of tapioca, almond and coconut flours, flax meal, cocoa, Inulin chicory root fiber, polydextrose fiber, baking powder, salt, natural stevia rebaudiana leaf, natural luohan guo monk fruit.

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



Net Wt. 10.8 oz. (306g) Approx. 2 cups

Manufactured by LC Foods[™]
Company, Raleigh NC 27604

Makes 25 Brownie Squares 1 1/2" x 1 1/2"

You'll Need:



- 2 medium - large eggs, beaten
- 1 tsp vanilla
- 1/3 cup unsalted butter, melted
- 1/2 cup sour cream (low carb from cultured cream, not low fat)

Directions: In a large bowl, place the entire package of the LC-Brownie Mix[®]. In a separate bowl, mix the rest of the ingredients thoroughly. Add wet ingredients to dry, and mix thoroughly, by hand or electric mixer. Grease or spray an 8" x 11" pan or 11-12 cupcake tins. For thicker brownies use a 9" round or 8" x 8" square pan. Pour batter into pan. Bake at 375° F for 19 - 21 minutes, until knife inserted near center comes out clean. Cool 15 minutes in pan before cutting. Brownies can be cut and frozen for individual servings to enjoy anytime! For more cakey brownies, add an additional egg.

Find out more at: HoldTheCarbs.com