

LC-Gluten Free Pancakes®



**Diabetic Friendly
Gluten Free**

**Net Carbs
2g
Per Serving**



Nutrition Facts

Serving Size 1/4 cup (37.6g)
(approx 2 1/2 - 4" pancakes prepared)
Servings per container 10
Amount Per Serving
Calories 104
Calories from Fat 36

				%Daily Value*
Total Fat	4g	6%	Total Carbohydrate	15g 5%
Saturated Fat	0g	0%	Dietary Fiber	13g 52%
Trans Fat	0g		Sugars	0g 0%
Cholesterol	0g	0%	Protein	2g 4%
Sodium	127mg	5%	Net Carbs	2g

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

Ingredients: A proprietary blend of tapioca, almond and coconut flours, flax meal, Inulin chicory root fiber, polydextrose fiber, baking powder, salt, konjac, natural stevia rebaudiana leaf natural herbal extracts, natural luo han guo monk fruit.
Allergen Warning: Processed in a facility that uses wheat gluten and nuts

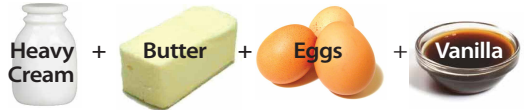


Manufactured for LC Foods™
Company, Raleigh NC 27604

Net Wt. 13.2 oz. (376g) Approx. 2 1/2 cups

Mix Makes 20 - 4" Gluten Free Pancakes

You'll Need:



- 1 whole egg + 1 egg white beaten (medium - large)
- 2 Tbsp & 2 tsp softened unsalted butter
- 2 tsp heavy cream (0 carb from cream - no milk added)
- 2 Tbsp water
- 1/8-1/4 tsp vanilla
- 1/2 cup & 2 Tbsp of LC-Gluten Free Pancake Mix®

Directions: In a medium bowl, beat eggs with an electric mixer, before adding the remaining ingredients. Mix thoroughly, and then beat on medium until smooth. Preheat your griddle to medium and spread with coconut oil or other oil. Spoon batter onto hot griddle and cook both sides evenly turning once. Options - you can add fruits, nuts & cinnamon into the batter. Serve with sugar free maple syrup, butter, or LC-Confectionery Powder®.

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