

LC-Granola Cereal®



Diabetic
Friendly
Gluten
Free

Paleo
Ketogenic
LCHF
Friendly



Net Carbs
1g
Per Serving

Nutrition Facts

Serving Size 13.3 tsp (35g)
(2/3 cups prepared granola cereal)
Servings per container 8
Amount Per Serving
Calories 166
Calories from Fat 72

		%Daily Value*	
Total Fat	8g	12%	Total Carbohydrate 19g 6%
Saturated Fat	0g	0%	Dietary Fiber 18g 72%
Trans Fat	0g		Sugars 0g 0%
Cholesterol	0g	0%	Protein 4.5g 9%
Sodium	9mg	0%	Net Carbs 1g

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

Ingredients: Organic cracked flax seed, organic chopped flax seed meal, salsvia hispanica L. milled chia seed grains, inulin (chicory root) fiber, oat fiber, digestion resistant polydextrose fiber, organic stevia rebaudiana leaf natural herbal extracts, and natural luohanguo monk fruit.

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

Net Wt. 9.87 oz. (280g) Approx. 2 1/4 cups

Manufactured by LC Foods™
Company, Raleigh NC 27604



Makes Over 5 Cups of Granola Cereal

You'll
Need:



Preparation: Preheat oven to 350° F. Place entire bag of LC-Granola Cereal Mix in a large mixing bowl. Add 1 cup of water and 1/4 cup of melted coconut oil (or other oil) and 1-2 tsp of vanilla extract. On a cookie sheet, spread mixture onto parchment paper. Place some plastic wrap on top and press down, by hand or rolling pin, until mixture is no thicker than 1/4". Remove plastic wrap and bake for 35-40 min until browned. While still warm, slice using a pizza wheel or breakup by hand into chunks as desired. Allow to cool completely uncovered before placing in a container or into a bowl with our low carb milk mix, or a mixture of water and heavy whipping cream. Makes a great snack or trail mix too! Make ahead for convenience, freezes well.

www.HoldTheCarbs.com