

Sample LC-Granola Cereal®



Mix packet with 2½ tsp water & ½ tsp coconut or other oil. Microwave 50-60 sec. or bake at 350°F. in a toaster oven for 35-40 min until browned.

HoldTheCarbs.com

**Diabetic
Friendly
Gluten
Free**

**Paleo
Ketogenic
LCHF**



Nutrition Facts

Serving Size 8 tsp (24.6g)

Servings per container 1

Amount Per Serving

Calories 116

Calories from Fat 50.4

Manufactured for LC Foods™
Company, Raleigh NC

%Daily Value*

Total Fat 5.6g	9%	Total Carbohydrate 13.3g	4%
Saturated Fat 0g	0%	Dietary Fiber 12.7g	50%
Trans Fat 0g		Sugars 0g	0%
Cholesterol 0mg	0%	Protein 3.1g	6%
Sodium 6.3mg	1%	Net Carbs .6g	

*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, inulin (chicory root) fiber, oat fiber, digestion resistant polydextrose fiber, 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. .83 oz. (24.6g) Approx. 8 tsp