

# LC-Granola Cereal® Toasted Coconut & Almonds



**Paleo  
Ketogenic  
LCHF  
Friendly**

**Diabetic  
Friendly  
Gluten  
Free**

**Net Carbs  
2g  
Per Serving**



## Nutrition Facts

Serving Size 1/3 cup (46.8g)  
(2/3 cups prepared granola cereal)  
Servings per container 8  
Amount Per Serving  
Calories 255  
Calories from Fat 149

		%Daily Value*	
<b>Total Fat</b> 16.6g	<b>26%</b>	<b>Total Carbohydrate</b> 20.1g	<b>7%</b>
Saturated Fat 5g	<b>25%</b>	Dietary Fiber 18.1g	<b>72%</b>
Trans Fat 0g		Sugars 0g	<b>0%</b>
<b>Cholesterol</b> 0g	<b>0%</b>	<b>Protein</b> 6.4g	<b>13%</b>
<b>Sodium</b> 11mg	<b>0%</b>	<b>Net Carbs</b> 2g	

\*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, almonds, unsulfured unsweetened toasted coconut, inulin (chicory root) fiber, oat fiber, digestion resistant polydextrose fiber, organic 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 by LC Foods™  
Company, Raleigh NC 27604

Net Wt. 13.2 oz. (375g) Approx. 2 1/4 cups

## 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](http://www.HoldTheCarbs.com)