

# LC-Hot Cereal® Like Oatmeal

Diabetic  
Friendly  
Gluten  
Free

Paleo  
Ketogenic  
LCHF  
Friendly



Net Carbs  
0g  
Per Serving

High Fiber

## Nutrition Facts

Serving Size 1/4 Cup (30g)  
(Prepared serving of 1 cup)  
Servings per container 8  
Amount Per Serving  
Calories 124  
Calories from Fat 72

%Daily Value*			
<b>Total Fat</b> 8g	<b>12%</b>	<b>Total Carbohydrate</b> 8g	<b>3%</b>
Saturated Fat 0g	0%	Dietary Fiber 8g	32%
Trans Fat 0g		Sugars 0g	0%
<b>Cholesterol</b> 0g	<b>0%</b>	<b>Protein</b> 5g	<b>10%</b>
<b>Sodium</b> 7mg	<b>0%</b>	<b>Net Carbs</b> 0g	

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

**Ingredients:** Contains a proprietary/patent pending blend of organic cracked flax seed, organic chopped flax seed meal, milled whole chia seed grain, chia seed meal, oat fiber and natural dietary vegetable plant fiber.

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

Manufactured by LC Foods™  
Company, Raleigh NC 27604



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Net Wt. 8 oz. (240g) Approx. 2 cups

Makes 8 - 1 Cup Servings of Hot Cereal

### LC-Hot Cereal Like Oatmeal®:

Place 1/4 cup of the LC-Hot Cereal into a bowl with 3/4 cups hot water, LC-Milk®, or combination of water & heavy cream and mix well to remove any lumps.

Add butter, chopped nuts, fruits, unsweetened coconut, cinnamon, spices, LC-Brown Sugar, sugar free syrup or sugar free honey.

**LC-Savory QuickSpreads®:** Place 1/8 cup of LC-Cereal into a bowl with 1/8 cup water and mix thoroughly. Great plain or add your favorite seasonings and herbs like onion, garlic, parsley, basil, oregano, and salt as desired. Allow mixture to set and thicken about 1 minute. Spread mixture on parchment paper folding parchment over and pressing down about 1/8" thick. Heat in microwave for 2 min. Cool on rack before spreading with your favorite cream cheese, tuna, chicken salad, hummus, cheese, or meat.

**LC-Spicy QuickSpreads®:** Place 1/8 cup of LC-Cereal into a bowl with 1/8 cup water & mix thoroughly. Add any of the following as desired for taste: hot sauce, hot peppers, cumin, chili powder, cayenne pepper, or curry for a spicy quickspread. Great with cream cheese, sour cream or salsa. Follow direction above to microwave.



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