

LC-Hot Cocoa®

Diabetic
Friendly
Gluten
Free



Low
Lactose
Low
Carb

Artificial
Sweetener
FREE

Net Carbs
1g
Per Serving

Nutrition Facts

Serving Size ¼ cup (29.1g)
(1 cup of hot cocoa prepared)
Servings per container 8
Amount Per Serving
Calories 109
Calories from Fat 9

| | | %Daily Value* | |
|--------------------|-------|---------------|----------------------------------|
| Total Fat | 1g | 2% | Total Carbohydrate 15g 5% |
| Saturated Fat | 0g | 0% | Dietary Fiber 14g 56% |
| Trans Fat | 0g | | Sugars 0g 0% |
| Cholesterol | 1mg | 0% | Protein 10g 20% |
| Sodium | 107mg | 4% | Net Carbs 1g |

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

Ingredients: Contains milk protein isolates, whey protein isolates, natural dutch cocoa, Inulin (chicory root) fiber, oat fiber, organic stevia rebaudiana leaf extract, natural luohanguo monk fruit extract & natural vegetable gum.

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



Net Wt. 8.2 oz. (233g) Approx. 2 cups

Manufactured by LC Foods™
Company, Raleigh NC 27604

Makes 8 Cups of Hot Cocoa

LC-Hot Cocoa® is real milk, not a soy, almond or coconut milk substitute. The milk sugar & lactose have been removed, while keeping in the high protein and richness.



To make 1 cup of LC-Hot Cocoa:

In Microwave: Place ¼ cup of LC-Hot Cocoa Mix® in a cup, then add 2 Tbsp plus 1 tsp heavy cream and 1 cup of water. Stir mixing well and heat to your desired drinking temperature.

On the stove: Prepare in a saucepan using ¼ cup of LC-Hot Cocoa Mix®, 1 cup of water and 2 Tbsp plus 1 tsp heavy cream. Whisk together as the hot cocoa heats to your desired drinking temperature.

Options: Add LC-Marshmallow Fluff®, sugar free whipped cream or grated sugar free chocolate on top as desired.

www.HoldTheCarbs.com