

# LC-Marshmallow Cream Mix®



Artificial Sweetener FREE

Diabetic Friendly  
Gluten Free



Net Carbs 0g per serving

## Nutrition Facts

Mix Serving Size 1 ¾ tsp (5.25g)  
(approx 1 Tbsp of prepared cream)  
Servings per container 32  
Amount Per Serving  
Calories 16  
Calories from Fat 0

			%Daily Value*
<b>Total Fat</b>	0g	<b>0%</b>	<b>Total Carbohydrate</b> 5g <b>2%</b>
Saturated Fat	0g	<b>0%</b>	Dietary Fiber 2.6g <b>10%</b>
Trans Fat	0g		Alcohol Sugars 2.4g
<b>Cholesterol</b>	0mg	<b>0%</b>	<b>Protein</b> 0g <b>0%</b>
<b>Sodium</b>	1 mg	<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 Inulin chicory root fiber, erythritol, dietary vegetable plant fiber, natural coloring titanium dioxide, organic stevia rebaudiana leaf 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. 5.92 oz. (168g) Approx. 1¼ cup

## Makes 2 cups of Marshmallow Cream

You'll Need:



Eggs

+



Vanilla

+



Mixer



- ½ bag (½ cup plus 2 Tbsp) LC-Marsmallow Cream Mix®
- 2 Tbsp room temp water
- ¼ tsp vanilla extract
- 2 fresh egg whites at room temp (not carton egg whites)

**Directions:** Separate the eggs carefully to insure no egg yolks get in and set aside. In a bowl, place ½ the bag - (½ cup plus 2 Tbsp) of mix, add water and vanilla, blending thoroughly by hand. With the electric mixer on medium, add egg whites slowly and continue to blend on medium speed for 2-3 minutes until marshmallow begins to thicken slightly. Serve as marshmallow sauce immediately, or allow to sit 1 hour in refrigerator uncovered to thicken for marshmallow cream. Refrigerate any leftovers.