

LC-Muffin Mix[®]

Diabetic
Friendly
Low
Carb



Artificial
Sweetener
FREE

Net Carbs
1g
Per Serving

Nutrition Facts

Serving Size 8.4 tsp (18g)
(1 - regular size muffin prepared)
Servings per container 12
Amount Per Serving
Calories 73
Calories from Fat 9

		%Daily Value*	
Total Fat	1g	2%	Total Carbohydrate 9g 3%
Saturated Fat	0g	0%	Dietary Fiber 8g 32%
Trans Fat	0g		Sugars 0g
Cholesterol	0g	0%	Protein 7g 14%
Sodium	150mg	6%	Net Carbs 1g

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

Ingredients: Wheat protein isolates, resistant wheat starches, flax seed meal, vital wheat gluten, Inulin (chicory root) fiber, digestion resistant polydextrose fiber, baking powder, salt, organic stevia rebaudiana leaf natural herbal extracts, natural luo han guo monk fruit and natural enzymes.

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



Net Wt. 7.6 oz. (216g) Approx. 2.1 cups

Manufactured by LC Foods[™]
Company, Raleigh NC 27604

Mix Makes 12 Regular Sized Muffins

**You'll
Need:**



Butter

+



Vanilla

+



Eggs

+



Heavy
Cream



Oil

- 3 eggs (medium - large size, beaten)
- 2 Tbsp unsalted butter (melted)
- 2 Tbsp & 1 tsp melted coconut oil or other oil
- 2 Tbsp (0 carb per serving) heavy cream
- ¼ cup & 2 Tbsp water
- 1 tsp vanilla

Directions: In a large bowl, place entire package of the LC-Muffin Mix[®]. Add the rest of the ingredients and mix thoroughly. Add nuts or fruit if desired. Grease and spray a cupcake pan in your desired size. Pour batter into the cupcake tin about three quarters full, or for a larger muffin top, fill nearly full. Bake higher in the oven at 375° F for 13-15 minutes, until slightly browned. Cool 15 minutes in pan before placing onto a cooling rack.

www.HoldTheCarbs.com