

LC-Pancake Mix[®]



**Diabetic
Friendly
Low
Carb**



**Net Carbs
1g
Per Serving**

Nutrition Facts

Serving Size 1/4 cup (26.6g)
(two - 4" pancakes prepared)
Servings per container 10
Amount Per Serving
Calories 60
Calories from Fat 0



		%Daily Value*	
Total Fat	0	0%	Total Carbohydrate 9g 3%
Saturated Fat	0g	0%	Dietary Fiber 8g 32%
Trans Fat	0g		Sugars 0g 0%
Cholesterol	0g	0%	Protein 6g 12%
Sodium	155mg	7%	Net Carbs 1g

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

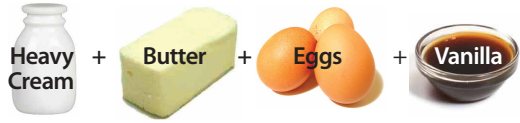
Ingredients: Wheat protein isolates, resistant wheat starches, flax seed meal, vital wheat gluten, Inulin (chicory root) fiber, digestion resistant polydextrose fiber, baking powder, salt, organic stevia rebaudiana leaf natural herbal extracts, natural luo han guo monk fruit and natural enzymes.
Allergen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

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

Net Wt. 9.3 oz. (266g) Approx. 2½ cups

Mix Makes 20 - 4" Pancakes

**You'll
Need:**



- 1 whole egg + 1 egg white beaten (medium - large)
- 2 Tbsp & 2 tsp softened unsalted butter
- 2 tsp heavy cream (0 carb cream - no milk added)
- 2 Tbsp water
- 1/8-1/4 tsp vanilla
- 1/2 cup & 2 Tbsp of LC-Pancake Mix[®]

Directions: In a medium bowl, beat eggs with an electric mixer, before adding the remaining ingredients. Mix thoroughly, and then beat on medium until smooth. Preheat your griddle to medium and spread with coconut oil or other oil. Spoon batter onto hot griddle and cook both sides evenly turning once. Options - you can add fruits, nuts & cinnamon into the batter. Serve with sugar free maple syrup, butter, or LC-Confectionery Powder[®].

www.HoldTheCarbs.com