

LC-Snickerdoodle Cookies®

Diabetic
Friendly
Low
Carb



Artificial
Sweetener
FREE



Net Carbs
1g
Per Serving

Nutrition Facts

Serving Size 10 tsp (24.8g)
(approx 1 - 3½" cookie prepared)
Servings per container 12
Amount Per Serving
Calories 89
Calories from Fat 9

		%Daily Value*	
Total Fat	1g	2%	Total Carbohydrate 11g 4%
Saturated Fat	0g	0%	Dietary Fiber 10g 40%
Trans Fat	0g		Sugars 0g 0%
Cholesterol	0g	0%	Protein 9g 18%
Sodium	179mg	8%	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, cinnamon spice, baking powder, organic stevia rebaudiana leaf natural herbal extracts, natural luo han guo monk fruit, salt and natural enzymes.

Allergen Warning: Processed in a facility that uses nuts

Net Wt. 9.2 oz. (260g) Approx. 2 ½ cups

Manufactured by LC Foods™
Company, Raleigh NC 27604



Mix Makes 12 - 3½" Snickerdoodle Cookies

**You'll
Need:**



Butter



Vanilla



Eggs



Sour Cream



- 5 Tbsp unsalted butter (melted)
- 1 egg med - large, beaten - 1 tsp vanilla extract
- 2 Tbsp sour cream (from cultured cream - not milk)
- 1 Cinnamon & LC-Sugar Packet (included)

Directions for 6 Snickerdoodle Cookies:

In a medium bowl, place 1¼ cups of LC-Snickerdoodle Cookie Mix®. Add butter, vanilla, egg, sour cream and ¾ tsp of the included cinnamon/sugar packet. Mix just until combined. Cover with plastic wrap and place in the refrigerator along with a cookie sheet to chill for one hour or more. Preheat oven to 375° F, grease or spray the chilled cookie sheet, and then drop 6 equal spoonfuls onto the sheet, and form into desired cookie shapes. Sprinkle cookie dough tops with up to 1 tsp from the cinnamon & sugar packet. Place cookie sheet on the oven's highest rack level. Bake for 12-13 minutes. Cool on a wire rack. Enjoy!

www.HoldTheCarbs.com