

# LC-Vanilla Ice Cream<sup>®</sup>

Diabetic  
Friendly  
Gluten  
Free

Low  
Lactose  
No Milk  
Sugar



Net Carbs  
<1g  
Per Serving

Artificial  
Sweetener  
FREE

Make your favorite frozen ice cream treats!

## Nutrition Facts

Mix Serving Size 3.3 tsp (10.4g)  
(approx 1/2 cup ice cream prepared)  
Servings per container 16

Amount Per Serving

Calories 34

Calories from Fat 0

			%Daily Value*
<b>Total Fat</b> 0g	<b>0%</b>	<b>Total Carbohydrate</b> 8.6g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>	Dietary Fiber 7g	<b>28%</b>
Trans Fat 0g		Alcohol Sugars 1.2g	<b>0%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>	<b>Protein</b> 1g	<b>2%</b>
<b>Sodium</b> 9mg	<b>1%</b>	<b>Net Carbs</b> <1g	

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

**Ingredients:** Contains a proprietary/patent pending blend of whey protein isolates, Inulin chicory root fibers, digestive resistant maltodextrin, dietary fiber, polydextrose, erythritol, organic stevia rebaudiana leaf extract, natural luohan guo extract, salt, cellulose gum.

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

Net Wt. 5.8 oz. (166g) Approx. 1 cup & 2 Tbsp

Manufactured by LC Foods™  
Company, Raleigh NC 27604

Makes approx 1/2 gallon of soft serve or hard packed ice cream

**Ingredients:** 1 3/4 cups ice water  
1 1/2 tsp vanilla extract (not optional)  
1 cup plus 1 Tbsp 0 carb per serving heavy cream



**With an ice cream maker:** Put 1/2 the water, vanilla, the entire package of ice cream mix, then the rest of the water in a blender. Begin on slow and work quickly to high speed for 2 minutes. Add cream to blender and blend on low speed for 20 seconds more. Pour ice cream mixture into a glass bowl, and place covered in the freezer for 2 hours, stirring in any frozen edges after 1 hour. Pour the chilled mixture into your ice cream maker freezer bowl, and churn according to the manufacturer's directions. In the final minutes of freezing, add your favorite flavorings, nuts or berries. Enjoy as creamy soft serve, or transfer to an air tight container filling it as full as possible, and freeze or ripen for a minimum of 3 hours.

**Without an ice cream maker:** You will need a blender, 3 ice cube trays, hand masher and electric mixer or food processor with S blade, large frozen mixing bowl. Make ice cream mixture in a blender as instructed above. Fill ice cube trays with mixture and freeze for approx 6 hours until cubes are firm. Working quickly to prevent thawing, carefully put cubes from trays into the frozen bowl. Add 3/4 cups iced water, & 3/4 cups of chilled heavy cream. Mash mixture with hand masher, then use electric mixer or food processor to blend smooth. Add your favorite nuts, flavorings or berries. Enjoy as soft serve, or transfer to an air tight container filling it full. Freeze or ripen for a minimum of 5 hours.

**Molded Ice Cream Pops & Sandwiches:** Prepare ice cream mixture as instructed above. Fill ice cream forms or molds with ice cream mixture and freeze covered and undisturbed for at least 6 hours. For ice cream sandwiches, prepare LC- Waffles ahead, spoon ice cream onto waffle, cover with another waffle, wrap and freeze for a minimum of 4 hours.

Find out more at [HoldTheCarbs.com](http://HoldTheCarbs.com) 919-510-6688



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