

# LC-Vanilla Yogurt Smoothie®

Greek Yogurt Style



**Diabetic  
Friendly  
Low  
Carb**

**Net Carbs  
0g  
Per Serving**



## Nutrition Facts

Serving Size 2½ Tbsp (14.4g)  
(makes 1 8-10 oz smoothie)  
Servings per container 14  
Amount Per Serving  
**Calories 62**  
Calories from Fat 15

**%Daily Value\***

<b>Total Fat</b> 1.7g	<b>3%</b>	<b>Total Carbohydrate</b> 4.6g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>	Dietary Fiber 4.6g	<b>18%</b>
Trans Fat 0g		Sugars 0g	<b>0%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>	<b>Protein</b> 7g	<b>14%</b>
<b>Sodium</b> 50mg	<b>2%</b>	<b>Net Carbs</b> 0g	

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

**Ingredients:** Whey protein isolate, white milled chia seed (Salvia Hispanica L.), inulin (chicory root) fiber, organic stevia extract, natural luohanguo monk fruit extract, natural vegetable & tree gums, salt.

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

Net Wt. 7.1 oz. (202g) Approx. 2 cups

## Makes 14 Cups of Vanilla Yogurt Smoothie

### You'll Need:



**Heavy  
Cream**



**Vanilla**



**Greek  
Yogurt**



- ½ cup cold water
- 2 ½ Tbsp LC-VanillaYogurt Smoothie Mix®
- 2 Tbsp low carb plain whole milk Greek yogurt (8g carbs per cup)
- 1 Tbsp low carb heavy cream (<1g carbs per Tbsp)
- ½ tsp vanilla extract
- 4 - 6 ice cubes

**Directions:** Put all ingredients into a traditional blender, starting with the water. Use 4 large ice cube tray style cubes, or 6 small ice maker style cubes. Start blender on low then adjust to medium, blend until smooth and thick. Garnish with cocoa powder, cinnamon, nutmeg, or unsweetened coconut.

LC-Greek Yogurt Smoothie Mixes® are low in carbohydrates, high in protein & fiber, delicious and filling.

[www.HoldTheCarbs.com](http://www.HoldTheCarbs.com)

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