

LC-Banana Chocolate Chip Bread®



Diabetic Friendly
Low Carb

Artificial Sweetener
FREE

Net Carbs
2g
Per Serving



Nutrition Facts

Serving Size ¼ Cup (32g)
(approx 1 bread slice prepared)
Servings per container 12
Amount Per Serving
Calories 137
Calories from Fat 45

		%Daily Value*	
Total Fat	5g	8%	Total Carbohydrate 14g 5%
Saturated Fat	2.5g	13%	Dietary Fiber 10g 40%
Trans Fat	0g		Alcohol Sugars 2g
Cholesterol	1g	0%	Protein 9g 18%
Sodium	228mg	9%	Net Carbs 2g

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

Ingredients: Wheat protein isolate, resistant wheat starch, flax seed meal, vital wheat gluten, unsweetened chocolate, Inulin fiber, polydextrose fiber, baking powder, salt, erythritol, cocoa butter, organic soy lecithin, vanilla extract, organic stevia, natural luohan guo monk fruit, natural banana & brown sugar flavoring, natural caramel color & natural enzymes.

Allergen Warning: Processed in a facility using gluten & nuts.

Manufactured by LC Foods™
Company, Raleigh NC 27604



Net Wt. 13.5 oz. (383g) Approx. 3 cups

Makes 1 large or 3 small banana chocolate chip breads

You'll Need:



- 7 Tbsp unsalted butter melted & slightly cooled
- ¼ cup melted coconut oil or other oil
- 3 whole eggs (medium - large size), beaten
- 4 egg yolks, beaten - 1 tsp vanilla
- ¼ cup sour cream (1 carb from cultured cream -not milk)
- ½ cup chopped walnuts (optional)

Directions: In a large bowl, place the entire package of LC-Banana Chocolate Chip Bread Mix®. In a separate bowl, combine and beat together 3 Tbsp of water, eggs, yolks, vanilla, butter, oil & sour cream. Add wet ingredients into dry, mixing to combine, then add optional walnuts. Spray one large bread loaf pan (approx 9.25 x 5.25 x 2.75), or 3 small bread loaf pans (approx 5.75 x 3 x 2.15). For the large banana bread, bake at 350° F for 35-40 min, insuring center is fully baked by inserting a knife into the center that comes out clean. For small loaves, bake at 400° F for 15-17 min. Cool 15 minutes in pan before turning out onto cooling rack.

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