

LC-Butter Cookies®



Diabetic Friendly Low Carb

Nutrition Facts

Serving Size 8½ tsp (21.2g)
(approx 1 - 2 ¾" cookie prepared)
Servings per container 14
Amount Per Serving
Calories 85
Calories from Fat 9

		%Daily Value*	
Total Fat	1	2%	Total Carbohydrate 10g 3%
Saturated Fat	0g	0%	Dietary Fiber 9g 36%
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, 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



Manufactured by LC Foods™
Company, Raleigh NC 27604

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

Mix Makes 14 - 2¾" Butter Cookies

You'll Need:



4 Tbsp unsalted butter (chilled) - 1 tsp vanilla
1 egg (medium - large size, beaten)
2 tsp (0 carb per serving) heavy cream

Directions for 7 cookies:

In a food processor with S blade, place 1¼ cups of LC-Butter Cookie Mix®. Add butter, cutting into chunks quickly to keep chilled. Pulse food processor 2-3 times to cut in. This can be done by hand also. Put flour mixture into a medium bowl, and add egg, cream & vanilla. Mix until just 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 and grease or spray the chilled cookie sheet. Drop 7 equal spoonfuls onto the sheet, and form into your desired cookie shapes. Place cookie sheet on your oven's highest rack level. Bake for 12-13 minutes. Cool on a wire rack. Enjoy!

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