

# LC-Chocolate Milk<sup>®</sup>



Diabetic  
Friendly  
Gluten  
Free



Low  
Lactose  
No Milk  
Sugar



Net Carbs  
**1g**  
Per Serving

## Real Dairy Milk

## Nutrition Facts

Serving Size 10 Tsp (22g)  
(approx 1 cup of chocolate milk)  
Servings per container 10

Amount Per Serving  
Calories 85

Calories from Fat 5



%Daily Value\*

<b>Total Fat</b> .5g	<b>1%</b>	<b>Total Carbohydrate</b> 3g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>	Dietary Fiber 2g	<b>8%</b>
Trans Fat 0g		Sugars 0g	<b>0%</b>
<b>Cholesterol</b> 1mg	<b>0%</b>	<b>Protein</b> 17g	<b>34%</b>
<b>Sodium</b> 97mg	<b>4%</b>	<b>Net Carbs</b> 1g	

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

**Ingredients:** Contains a blend of milk protein isolates, whey protein isolates, dutch cocoa powder, Inulin (chicory root) fiber, salt, organic stevia rebaudiana leaf extract, natural luo han guo monk fruit extract.

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

Manufactured for LC Foods<sup>™</sup>  
Company, Raleigh NC 27604

Net Wt. 7.7 oz. (220g) Approx. 2½ cups

## Makes 10 cups Chocolate Milk or 20 cups Milkshake

LC-Chocolate Milk<sup>®</sup> is real milk made from real milk products, not a soy, almond or coconut based imitation milk product. The milk sugar & lactose have been removed with a special patent pending process, while keeping the high protein, natural richness of the milk. Enjoy by the glass or create your own chocolate milkshake.



**Make 1 cup of LC-Chocolate Milk<sup>®</sup>:** Combine 1 cup of cold water with 3 Tbsp plus 1 tsp of LC-Chocolate Milk<sup>®</sup> Mix. Add 2 Tbsp plus 2 tsp of (<1 carb) heavy cream. Whisk completely in a bowl, and chill before serving.

**Make 2 cups of LC-Chocolate Milkshake<sup>®</sup>:** Combine 1 cup of cold water with ¼ cup of LC-Chocolate Milk Mix<sup>®</sup>. Add 3 Tbsp (<1 carb) heavy cream and ½ tsp vanilla extract. Pour mixture into a blender and add ½-¾ cup of ice cubes. Blend on medium-high speed until thickened and smooth.

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