

LC-Chocolate Protein Bar Mix[®]



Diabetic
Friendly
Gluten
Free



Net Carbs
Per Serving
1g

Nutrition Facts

Mix Serving Size 9.6 tsp (24.3g)
(Qty 1 - 3¾" x 1½" x ½" bar)
Servings per container 15
Amount Per Serving
Calories 93
Calories from Fat 9

		%Daily Value*	
Total Fat 1g	0%	Total Carbohydrate 16g	5%
Saturated Fat 0g	0%	Dietary Fiber 15g	60%
Trans Fat 0g		Sugars 0g	0%
Cholesterol 0g	0%	Protein 5g	10%
Sodium 14mg	1%	Net Carbs 1g	

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

Ingredients: Whey protein, Inulin (chicory root) fiber, soluble and insoluble dietary fiber, digestion resistant polydextrose fiber, cocoa, golden flax, natural vegetable plant fiber, organic stevia rebaudiana leaf natural herbal extracts, natural luo han guo monk fruit.

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



Net Wt. 12.85 oz. (364.4g) Approx. 3 cups

Mix Makes 15 Protein Bars 3¾" x 1½" x ½"

**You'll
Need:**



Directions to make 15 Chocolate Protein Bars:

Spray an 8" x 11" baking pan with cooking spray and have a sheet of plastic wrap ready. In a medium bowl, place the entire package of LC-Chocolate Protein Bar Mix. Add 3 Tbsp melted coconut oil or other oil, 1½ tsp vanilla extract and 1/3 cup warm water. Working quickly mix thoroughly. Dough should just come together. Add 1-2 tsp of additional water if needed. Place dough into baking pan and press down with plastic wrap until the dough is smooth and even. Allow bars to set for 10 minutes before cutting into your desired portion sizes.

Directions to make 15 Chocolate Peanut Butter Bars:

Prepare as above omitting oil and add 2/3 cup peanut butter.

Directions to make 15 Chocolate Walnut or Chocolate Almond Bars:

Prepare as above, adding ½ cup chopped, slivered or sliced nuts. Add to the dry mix at the beginning or press into the top with plastic wrap.

Note: LC-Chocolate Protein Bars[®] are very high in fiber. Make sure to observe portion size control when eating a lot of fiber in your diet.

www.HoldTheCarbs.com

Manufactured by LC Foods[™]
Company, Raleigh NC 27604