

LC-Granola Cereal® Roasted Almonds & Pumpkin Seeds



Nutrition Facts

Serving Size 1/3 cup (46.25g)
(2/3 cups prepared granola cereal)
Servings per container 8

Amount Per Serving
Calories 243

Calories from Fat 135



		%Daily Value*	
Total Fat 15g	23%	Total Carbohydrate 19g	6%
Saturated Fat 1.2g	6%	Dietary Fiber 17g	68%
Trans Fat 0g		Sugars 0g	0%
Cholesterol 0g	0%	Protein 8g	16%
Sodium 9mg	0%	Net Carbs 2g	

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

Ingredients: Organic cracked flax seed, organic chopped flax seed meal, salvia hispanica L. milled chia seed grains, dry roasted almonds, dry roasted pumpkin seeds, inulin (chicory root) fiber, oat fiber, digestion resistant polydextrose fiber, organic stevia rebaudiana leaf natural herbal extracts, natural luohanguo monk fruit.

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

Net Wt. 13 oz. (370g) Approx. 2 1/4 cups

Manufactured by LC Foods™
Company, Raleigh NC 27604

Makes Over 5 Cups of Granola Cereal

You'll Need:



Preparation: Preheat oven to 350° F. Place entire bag of LC-Granola Cereal Mix in a large mixing bowl. Add 1 cup of water and 1/4 cup of melted coconut oil (or other oil) and 1-2 tsp of vanilla extract. On a cookie sheet, spread mixture onto parchment paper. Place some plastic wrap on top and press down, by hand or rolling pin, until mixture is no thicker than 1/4". Remove plastic wrap and bake for 35-40 min until browned. While still warm, slice using a pizza wheel or breakup by hand into chunks as desired. Allow to cool completely uncovered before placing in a container or into a bowl with our low carb milk mix, or a mixture of water and heavy whipping cream. Makes a great snack or trail mix too! Make ahead for convenience, freezes well.

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