

# LC-Milk®



Low Lactose  
No Milk Sugar

Diabetic Friendly  
Gluten Free



## Real Dairy Milk

### Nutrition Facts

Serving Size 10 Tsp (20.6g)  
(approx 1 cup of milk)  
Servings per container 10  
Amount Per Serving  
Calories 72  
Calories from Fat 0



		%Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>	<b>Total Carbohydrate</b> 1g	<b>1%</b>
Saturated Fat 0g	0%	Dietary Fiber 1g	4%
Trans Fat 0g		Sugars 0g	0%
<b>Cholesterol</b> 1mg	<b>0%</b>	<b>Protein</b> 17g	<b>34%</b>
<b>Sodium</b> 94mg	<b>4%</b>	<b>Net Carbs</b> 0g	

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

**Ingredients:** Contains a proprietary/patent pending blend of milk protein isolates, whey protein isolates, Inulin (chicory root) fiber, salt, organic stevia rebaudiana leaf extract, natural luohanguo monk fruit extract.

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

Manufactured for LC Foods™  
Company, Raleigh NC 27604

Net Wt. 7.2 oz. (206g) Approx. 2.1 cups

## Makes 2 ½ Quarts of Real Milk



LC-Milk® 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 a glass over LC-Cereal®, or in your favorite baking recipes.

To make 1 cup of skim milk: Combine 1 cup of cold water with 2 Tbsp plus 2½ tsp of LC-Milk® Mix. Add 2 Tbsp plus 1 tsp of (0) carb heavy cream. Whisk completely in a bowl, and chill before serving.

To make 1 cup of 1% - 2% milk: Combine 1 cup of cold water with 3 Tbsp plus ½ tsp of LC-Milk® Mix. Add 2 Tbsp plus 1 tsp of (0) carb heavy cream. Whisk completely in a bowl, and chill before serving.

To make 1 cup of whole milk: Combine 1 cup of cold water with 3 Tbsp plus 1 tsp of LC-Milk® Mix. Add 2 Tbsp plus 1 tsp of (0) carb heavy cream. Whisk completely in a bowl, and chill before serving.

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