

LC-Multi Grain Bread Mix[®]



Net Carbs
<1g
Per Slice



Diabetic
Friendly
Low
Carb



Nutrition Facts

Mix Serving Size 8 Tsp (19g)
(one 4 1/4" wide x 3" tall x 1/2" thick slice)
Servings per container 18
Amount Per Serving
Calories 32
Calories from Fat 8

| | | %Daily Value* | |
|--------------------|-------|---------------|--|
| Total Fat | .8g | 2% | Total Carbohydrate 2.9g 1% |
| Saturated Fat | 0g | 0% | Dietary Fiber 2.3g 10% |
| Trans Fat | 0g | | Sugars 0g 0% |
| Cholesterol | 0g | 0% | Protein 3.2g 7% |
| Sodium | 127mg | 6% | Net Carbs .6g |

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

Ingredients: Wheat protein isolates, resistant wheat starches, whole & chopped brown flax seed, vital wheat gluten, Inulin (chicory root fiber), salt, organic stevia rebaudiana leaf natural herbal extracts, natural luohanguo monk fruit, natural caramel color, and natural enzymes
Allergen Warning: Processed in a facility that uses nuts



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

Net Wt. 12 oz. (342g) Approx. 3 cups

Makes 1 large loaf or 6 hamburger or hotdog rolls

Ingredients:

- 3 Tbsp melted butter
- 3/4 cup & 1/4 cup warm water
- 3 cups of LC-Multi Grain Bread Mix[®]
- 3 tsp instant, rapid rise or bread machine yeast
- 1 Tbsp & 1 1/2 tsp non-hydrogenated shortening

You'll Need:



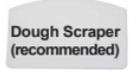
Butter



Shortening



Yeast



Dough Scraper (recommended)

Directions:

In a large bowl, place entire 3 cup package of LC-Multi Grain Bread Mix[®], 3/4 cup warm water, melted butter, yeast (not active dry) and shortening. Mix together using a recommended dough scraper. Scoop and blend dough until all the water has been absorbed, continuing to knead until dough dries and is easier to handle. Add additional water up to 1/4 cup as you knead and process the dough further. Place dough on a cutting board and use a traditional kneading technique to bend and fold the dough until the gluten begins to develop. It is very helpful but not mandatory to use a food processor with a dough blade to assist in developing the gluten. Use the food processor in less than 1 min increments so you don't overheat the dough, alternating with hand kneading one or two times, finishing with the processor to tenderize your dough. Grease or spray either one large bread loaf pan (approx 9.25 x 5.25 x 2.75), 3 small bread loaf pans (approx 5.75 x 3 x 2.15), or with LC-Hotdog or LC-Hamburger form pans (no grease or spray is needed). Place dough in the pan and cover with plastic wrap. Place low in a warm 80-85° F oven for 45-60 min until dough doubles - triples in size. For large bread loaves, bake at 350° F for 30-32 minutes. Insure loaf is fully baked by inserting a knife into the center that comes out clean, or thermometer reads 205°. For small loaves or rolls, bake at 375° F for 17-20 minutes. Cool 15 minutes in pan before turning out onto cooling rack. Allow to cool before slicing.

Find out more at HoldTheCarbs.com 919-510-6688