

# LC-Vanilla Protein Bars®



**Diabetic  
Friendly  
Gluten  
Free**

**Net Carbs  
.5g  
Per Serving**

## Nutrition Facts

Mix Serving Size 9.6 tsp (23.6g)  
(Qty 1 - 3¾" x 1½" x ½" bar)  
Servings per container 15  
Amount Per Serving  
**Calories 93**  
Calories from Fat 9

		%Daily Value*	
<b>Total Fat</b> 1g	<b>0%</b>	<b>Total Carbohydrate</b> 16.5g	<b>6%</b>
Saturated Fat 0g	<b>0%</b>	Dietary Fiber 16g	<b>64%</b>
Trans Fat 0g		Sugars 0g	<b>0%</b>
<b>Cholesterol</b> 0g	<b>0%</b>	<b>Protein</b> 5g	<b>10%</b>
<b>Sodium</b> 13mg	<b>1%</b>	<b>Net Carbs</b> .5g	

\*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, golden flax, natural vegetable plant fiber, organic stevia rebaudiana leaf natural herbal extracts, natural luohan guo monk fruit.

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



Manufactured by LC Foods™  
Company, Raleigh NC 27604

Net Wt. 12.5 oz. (355.2g) Approx. 3 cups

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

**You'll  
Need:**



### Directions to make 15 Vanilla Protein Bars:

Prepare 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-Vanilla Protein Bar Mix. Add 3 Tbsp + 1 tsp melted coconut oil or other oil, 1¾ 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 Peanut Butter Bars:

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

**Directions to make 15 Maple Walnut Bars:** Prepare as above reducing water to 2 Tbsp. Add ½ cup chopped walnuts and ¼ cup sugar free maple syrup.

**Directions to make 15 Almond Bars:** Prepare as above adding ¾ tsp almond extract and ½ cup sliced, slivered or chopped almonds as desired.

**Note:** LC-Vanilla 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](http://www.HoldTheCarbs.com)