

LC-Banana Bread[®]



Nutrition Facts

Serving Size 9¾ tsp (20.5g)
 (approx 1 bread slice prepared)
 Servings per container 12

Amount Per Serving
Calories 73
 Calories from Fat 9

		%Daily Value*	
Total Fat	1g	2%	Total Carbohydrate 8g 3%
Saturated Fat	0g	0%	Dietary Fiber 7g 28%
Trans Fat	0g		Sugars 0g 0%
Cholesterol	0g	0%	Protein 8g 16%
Sodium	234mg	10%	Net Carbs 1g

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

Ingredients: Wheat protein isolates, resistant wheat starches, flax seed meal, vital wheat gluten, Inulin (chicory root) fiber, digestion resistant polydextrose fiber, baking powder, salt, organic stevia, natural luo han guo monk fruit, natural banana & brown sugar flavoring, natural caramel color & natural enzymes.

Allergen Warning: Processed in a facility that uses nuts

Net Wt. 8.7 oz. (247g) Approx. 2-1/3 cups

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



Makes 1 large or 3 small banana breads

You'll Need:



- 7 Tbsp unsalted butter melted & slightly cooled
- ¼ cup melted coconut oil or other oil
- 3 whole eggs (medium - large size), beaten
- 4 egg yolks, beaten - 1 tsp vanilla
- ¼ cup sour cream (1 carb from cultured cream -not milk)
- 2/3 cup (3 oz) finely chopped walnuts (optional)

Directions: In a large bowl, place the entire package of LC-Banana Bread Mix[®]. In a separate bowl, combine and beat together 3 Tbsp of water, eggs, yolks, vanilla, butter, oil & sour cream. Add wet ingredients into dry, mixing to combine, then add optional walnuts. Spray one large bread loaf pan (approx 9.25 x 5.25 x 2.75), or 3 small bread loaf pans (approx 5.75 x 3 x 2.15). For the large banana bread, bake at 350° F for 35-40 min, insuring center is fully baked by inserting a knife into the center that comes out clean. For small loaves, bake at 400° F for 15-17 min. Cool 15 minutes in pan before turning out onto cooling rack.

www.HoldTheCarbs.com