

LC-Double Chocolate Brownies®



Nutrition Facts

Serving Size 5.2 tsp (18.5g)

(approx 1½" x 1½" brownie prepared)

Servings per container 25

Amount Per Serving

Calories 84

Calories from Fat 36

		%Daily Value*	
Total Fat	4g	6%	Total Carbohydrate 11g 4%
Saturated Fat	0g	0%	Dietary Fiber 9g 36%
Trans Fat	0g		Alcohol Sugars 1g 0%
Cholesterol	0mg	0%	Protein 1g 2%
Sodium 42mg	2%	Net Carbs 1g	

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

Ingredients: Tapioca, almond and coconut flours, flax seed meal, Inulin chicory root fiber, polydextrose fiber, unsweetened chocolate, erythritol, natural vegetable plant fiber, cocoa butter, organic soy lecithin, baking powder, organic stevia rebaudiana leaf natural herbal extracts, natural luo han guo monk fruit, salt.

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



Net Wt. 16.3 oz. (462g) Approx. 2¾ cups

Manufactured by LC Foods™
Company, Raleigh NC 27604

Makes 25 Double Chocolate Brownies

You'll Need:



Butter



Eggs



Vanilla



Sour Cream



2 medium - large eggs, beaten

1 tsp vanilla

1/3 cup unsalted butter, melted

½ cup sour cream (low carb from cultured cream, not low fat)

Directions: In a large bowl, place the entire package of the LC-Brownie Mix®. In a separate bowl, mix the rest of the ingredients thoroughly. Add wet ingredients to dry, and mix thoroughly, by hand or electric mixer. Grease or spray an 8" x 11" pan or 12-14 cupcake tins. For thicker brownies use a 9" round or 8" x 8" square pan. Pour batter into pan. Bake at 375° F for 20 - 22 minutes, until knife inserted near center comes out clean. Cool 15 minutes in pan before cutting. Brownies can be cut and frozen for individual servings to enjoy anytime! For more cakey brownies, add an additional egg.

Find out more at: HoldTheCarbs.com