

LC-Hot Cereal® Like Oatmeal

Diabetic
Friendly
Gluten
Free

Paleo
Ketogenic
LCHF
Friendly



Net Carbs
0g
Per Serving

High Fiber

Nutrition Facts

Serving Size 1/4 Cup (30g)
(Prepared serving of 1 cup)
Servings per container 8
Amount Per Serving
Calories 124
Calories from Fat 72

			%Daily Value*
Total Fat 8g	12%	Total Carbohydrate 8g	3%
Saturated Fat 0g	0%	Dietary Fiber 8g	32%
Trans Fat 0g		Sugars 0g	0%
Cholesterol 0g	0%	Protein 5g	10%
Sodium 7mg	0%	Net Carbs 0g	

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

Ingredients: Contains a proprietary/patent pending blend of organic cracked flax seed, organic chopped flax seed meal, milled whole chia seed grain, chia seed meal, oat fiber and natural dietary vegetable plant fiber.

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

Manufactured by LC Foods™
Company, Raleigh NC 27604



Net Wt. 8 oz. (240g) Approx. 2 cups

Makes 8 - 1 Cup Servings of Hot Cereal

LC-Hot Cereal Like Oatmeal®:

Place 1/4 cup of the LC-Hot Cereal into a bowl with 3/4 cups hot water, LC-Milk®, or combination of water & heavy cream and mix well to remove any lumps. Add butter, chopped nuts, fruits, unsweetened coconut, cinnamon, spices, LC-Brown Sugar, sugar free syrup or sugar free honey.

LC-Savory QuickSpreads®: Place 1/8 cup of LC-Cereal into a bowl with 1/8 cup water and mix thoroughly. Great plain or add your favorite seasonings and herbs like onion, garlic, parsley, basil, oregano, and salt as desired. Allow mixture to set and thicken about 1 minute. Spread mixture on parchment paper folding parchment over and pressing down about 1/8" thick. Heat in microwave for 2 min. Cool on rack before spreading with your favorite cream cheese, tuna, chicken salad, hummus, cheese, or meat.

LC-Spicy QuickSpreads®: Place 1/8 cup of LC-Cereal into a bowl with 1/8 cup water & mix thoroughly. Add any of the following as desired for taste: hot sauce, hot peppers, cumin, chili powder, cayenne pepper, or curry for a spicy quickspread. Great with cream cheese, sour cream or salsa. Follow direction above to microwave.



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