

Hot Cereal-Toasted Almonds & Coconut®



Diabetic
Friendly
Gluten
Free

Paleo
Ketogenic
LCHF
Friendly



Nutrition Facts

Serving Size ½ Cup (57.21g)
(Prepared serving of 1 cup)
Servings per container 8
Amount Per Serving
Calories 338
Calories from Fat 234

		%Daily Value*	
Total Fat 26g	40%	Total Carbohydrate 16g	5%
Saturated Fat 8g	40%	Dietary Fiber 14g	56%
Trans Fat 0g		Sugars 0g	0%
Cholesterol 0g	0%	Protein 10g	20%
Sodium 13mg	1%	Net Carbs 2g	

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

Ingredients: Contains a blend of organic cracked flax seed, organic chopped flax seed meal, dry roasted almonds, toasted coconut, milled whole chia seed grain, chia seed meal, natural dietary vegetable plant fiber.

Allergen Warning: Processed in a facility that uses wheat gluten



Manufactured by LC Foods™
Company, Raleigh NC 27604

Net Wt. 16.1 oz. (457.7g) Approx. 4 cups

Makes 8 - 1 Cup Servings of Hot Cereal

LC-Hot Cereal Toasted Almond & Coconut®:

Place ½ cup of the LC-Hot Cereal into a bowl with ¾ cups hot water, LC-Milk®, or combination of water & heavy cream and mix well to remove any lumps. Add butter, fruits, cinnamon, spices, LC-Brown Sugar®, sugar free syrup or sugar free honey, and enjoy!



LC-Sweet QuickSpreads®: Place 1/8 cup of LC-Cereal into a bowl with 1/8 cup water and mix thoroughly. Great plain or add cinnamon, seeds, sugar free chocolate chips, LC-Brown Sugar or dried berries. 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 sweet spreads made with cream cheese & fruits. Try a strawberry cream cheese spread, or for dairy free alternative use LC-Coconut Cream sweetened with LC-Sweet Drops.

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