

LC-Pumpkin Cookies®

Diabetic
Friendly
Low
Carb



Artificial
Sweetener
FREE

Net Carbs
1g
Per Serving

Nutrition Facts

Serving Size 10 tsp (21.2g)

(approx 1 - 3 1/2" cookie prepared)

Servings per container 12

Amount Per Serving

Calories 85

Calories from Fat 9

		%Daily Value*	
Total Fat	1	2%	Total Carbohydrate 10g 3%
Saturated Fat	0g	0%	Dietary Fiber 9g 36%
Trans Fat	0g		Sugars 0g 0%
Cholesterol	0g	0%	Protein 9g 18%
Sodium	179mg	7%	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, organic stevia rebaudiana leaf natural herbal extracts, natural luo han guo monk fruit, salt, pumpkin spices and natural enzymes. **Allergen Warning:** Processed in a facility that uses nuts

Manufactured by LC Foods™
Company, Raleigh NC 27604



Net Wt. 9.0 oz. (255g) Approx. 2 1/2 cups

Mix Makes 12 - 3 1/2" Pumpkin Cookies

You'll
Need:



Butter



Pumpkin



Eggs



Vanilla



5 Tbsp unsalted butter (melted & slightly cooled)

1 egg (med-large, beaten)

1 tsp vanilla extract

5 Tbsp canned or fresh mashed pumpkin

Directions for 6 Pumpkin Cookies:

In a medium bowl, place 1 1/4 cups of LC-Pumpkin Cookie Mix®. Add butter, vanilla, egg and pumpkin. Mix just until combined. Cover with plastic wrap and place in the refrigerator along with a cookie sheet to chill for one hour or more. Preheat oven to 375° F and grease or spray the chilled cookie sheet. Drop 6 equal spoonfuls onto the sheet, and form into desired cookie shapes. Place cookie sheet on the oven's highest rack level. Bake for 14-15 minutes. Cool on wire rack. Enjoy!

www.HoldTheCarbs.com