

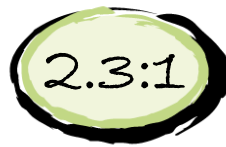
product information

KETOVIE CAFÉ CREAMY CEREAL

Wednesday, August 08, 2018



SKU 15501
 NET WEIGHT 1.5 LB (680 G)
 SERVING SIZE 3 Tbs (21 g)
 SERVINGS PER PACKAGE 32



ketogenic ratio



net carbs (total carbs - total fiber)

Nutrition Facts

32 servings per container

Serving Size:
3 Tbs (21 g)

Amount per serving
Calories 113

% Daily Value*

Total Fat	9.4g	12%
Saturated Fat	3.7g	18%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	77.5mg	3%
Total Carbohydrate	7.3g	3%
Dietary Fiber	4.8g	17%
Total Sugars	0.6g	
Includes 0g Added Sugars		0%
Protein	1.6g	
Vitamin D	0mcg	0%
Calcium	25mg	2%
Iron	1mg	6%
Potassium	233mg	4%
Phosphorus	118mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

KetoVie Café Creamy Cereal (2.3:1 ketogenic ratio) is a hot cereal mix is a great breakfast addition for individuals following the spectrum of ketogenic diets.

INGREDIENTS

Coconut flour, hazelnut flour, lecithin, coconut oil (gum arabic), creamer (sunflower oil [tocopherols], maltodextrin, modified food starch, mono & diglycerides), macadamia nut meal, psyllium, cinnamon, glucomannan, salt.
 Contains nuts.

DIRECTIONS FOR USE

To make one 5 oz (142 g) serving of hot cereal:

Stove Top: Mix 3 Tbs cereal with 1/2 cup water, cream or preferred liquid in small pan, bring to boil, turn heat down, cover and simmer for 3-5 minutes.

Microwave: Mix 3 Tbs cereal with 1/2 cup water in microwave safe bowl. Microwave on high for 2 minutes, stirring once at the halfway point and when finished. Let stand a few minutes before serving.

Serve hot KetoVie Café Creamy Cereal with butter, cream and/or desired keto-friendly sweetener.

Once open, reseal bag and store in refrigerator or freezer for up to 6 months to preserve freshness.