

# KETOVIE CAFÉ CREAMY CEREAL

Wednesday, December 21, 2022



SKU 15501  
 NET WEIG 1.5 LB (680 G)  
 SERVING SI 3 Tbs (21 g)  
 SERVINGS PER PAC 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 122**

% Daily Value\*

<b>Total Fat</b> 10.5g	<b>13%</b>
Saturated Fat 4.5g	<b>23%</b>
Trans Fat 0.1g	
<b>Cholesterol</b> 3mg	<b>1%</b>
<b>Sodium</b> 61.6mg	<b>3%</b>
<b>Total Carbohydrate</b> 6.9g	<b>3%</b>
Dietary Fiber 3.4g	<b>12%</b>
Total Sugars 2.9g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 1.8g	
Vitamin D 0mcg	0%
Calcium 33mg	3%
Iron 1.3mg	7%

\*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 (2:1 ketogenic ratio) is a hot cereal mix is a great breakfast addition for individuals following the spectrum of ketogenic diets.

### INGREDIENTS

Organic desiccated coconut, hazelnuts, sunflower lecithin, silicon dioxide, fractionated coconut oil, medium chain triglyceride oil, gum arabic, pasteurized sweet cream, skim milk solids, sodium caseinate, soy lecithin, BHT, raw macadamia nuts, psyllium, cinnamon, contains less than 2% of glucomannan powder, salt, mixed tocopherols. Contains milk, nuts and soy.

### 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.

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