

Pine Nut Bear Squares: 15 Net Carbs per Serving

Add ons for Increments of 15:



Item	Quantity	Estimated Carbs	Total Carbs w/ Bear Squares
With Milk:			
Skim Milk	10 oz (1.25 cup)	net carbs: 15	30 net carbs
2% Lowfat Milk	10 oz (1.25 cup)	net carbs: 16.25	31.25 net carbs
Soy Milk	10 oz (1.25 cup)	net carbs: 17	32 net carbs
With Fresh Fruit:			
Fresh Strawberries	2 cups	15 net carbs	30 net carbs
Cherries	15	net carbs: 15	30 net carbs
With Monterey Jack Cheese			
	1 ounce	0 net carbs	15 net carbs

* These are suggestions, with estimated carbs. The exact carb count will vary based upon the precise brands and quantities you choose.