

# Lancaster Fresh™

## Blueberry Walnut

### GOURMET DIP MIX

NET WT 3 OZ (84g)

### Simple to prepare!

#### Ingredients needed:

- Blueberry & Walnut Dip Mix
- 8 oz. cream cheese, softened
- 1 cup sour cream
- 1/4 cup water

You may use lowfat or nonfat products with this mix, although results may vary.

### Complete directions and recipes inside!

**Ingredients:** blueberries (w/sugar, sunflower oil), walnuts (tree nut), apples, dried honey (cane sugar, honey), spices, natural and artificial flavors, dextrose and cornstarch.

**Contains:** walnuts

For optimum shelf life, store dry mix in your refrigerator or freezer.

Distributed By:  
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United States of America  
[www.lancasterfresh.com](http://www.lancasterfresh.com)



NO WHEAT



### Nutrition Facts

Serving Size 2 Tablespoons (32g)  
Servings Per Container about 20

Amount Per Serving	Mix	with added ingredients
Calories	26	91
Calories from Fat	9	72
	% Daily Value**	
Total Fat 1g*	2%	12%
Saturated Fat 0g	0%	20%
Trans Fat 0g	-	-
Cholesterol 0mg	0%	6%
Sodium 1mg	0%	2%
Total Carbohydrate 4g	1%	2%
Dietary Fiber 1g	4%	4%
Sugars 3g	-	-
Protein 0g	-	-
Vitamin A	0%	2%
Vitamin C	2%	3%
Calcium	0%	3%
Iron	0%	0%

\*Amount in Blueberry & Walnut Dip Mix.  
Added ingredients contribute an additional 65 calories, 7g total fat, 4g saturated fat, 0g trans fat, 18mg cholesterol, 41mg sodium, 1g total carbohydrate (1g sugar), 2g protein.

\*\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

## BLUEBERRY & WALNUT DIP MIX™

### *Ingredients needed:*

- ☑ **Blueberry & Walnut Dip Mix**
- ☑ 8 oz. cream cheese, softened\*
- ☑ 1 cup sour cream
- ☑ 1/4 cup water

*You may use lowfat or nonfat products with this mix, although results may vary.*

*\*Cream cheese may be softened in microwave. Blend cream cheese to avoid any "hot spots" before adding to recipe.*

### *Directions:*

Mix all ingredients; electric mixer on lowest speed works best. Chill at least 4 hours before serving. Stir before serving. Serve with wheat crackers, butter-type crackers, apple or pear slices, vanilla wafers, cinnamon graham crackers or a cinnamon/spice-type cookie. Delicious stuffed into celery pieces or served on toasted bagels or English muffins. Keep prepared dip refrigerated.

### *Variation:*

You may add an 8 oz. can of crushed pineapple, well drained, to the above recipe.

## LEMON BLUEBERRY & WALNUT CAKE

- ☑ 1 packet **Blueberry & Walnut Dip Mix**
- ☑ 1 pkg. lemon cake mix; pudding in mix type (1 lb. 2.25 oz. size)
- ☑ 2 eggs
- ☑ 1-1/4 cups water
- ☑ 1/3 cup oil
- ☑ 1 cup sour cream

Preheat oven to 350°. In large bowl place ALL ingredients except **Blueberry & Walnut Dip Mix**. Blend on low speed with electric mixer, then mix on medium speed for 1 minute. Add **Blueberry & Walnut Dip Mix**; stir in by hand to mix well. Pour batter into a greased bundt or tube pan. Bake for 45 to 55 minutes or until done. Cake is done when top springs back to touch or when a toothpick is inserted and comes out clean. Cool slightly in pan and then invert onto a serving plate. Pour glaze over warm cake. Spoon any excess glaze from plate back onto cake.

### *Glaze:*

- ☑ 1 cup powdered sugar
- ☑ 1 Tablespoon lemon juice or 1 teaspoon vanilla extract
- ☑ 1 to 2 Tablespoons milk, to reach desired consistency