

Lancaster Fresh™

Cherry Almond

GOURMET DIP MIX

NET WT 3 OZ (84g)

Simple to prepare!

Ingredients needed:

- Cherry Almond 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 recipe inside!

Ingredients: cherries (red tart pitted cherry w/sugar, rice flour, sunflower oil), almonds (tree nut), apples, dried honey (cane sugar, honey), spices, natural and artificial flavorings, dextrose and cornstarch.

Contains: almonds

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

Distributed By:
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NO WHEAT



Nutrition Facts

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

Amount Per Serving	Mix	with added ingredients
Calories	21	85
Calories from Fat	9	63
	% Daily Value**	
Total Fat 1g*	2%	11%
Saturated Fat 0g	0%	20%
Trans Fat 0g	-	-
Cholesterol 0mg	0%	6%
Sodium 2mg	0%	2%
Total Carbohydrate 4g	1%	2%
Dietary Fiber 0g	0%	0%
Sugars 3g	-	-
Protein 0g	-	-
Vitamin A	1%	2%
Vitamin C	2%	3%
Calcium	0%	3%
Iron	0%	0%

*Amount in Cherry Almond Dip Mix.

Added ingredients contribute an additional 64 calories, 6g total fat, 4g saturated fat, 0g trans fat, 18mg cholesterol, 40mg sodium, 1g total carbohydrate (0g sugar), 1g 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.

CHERRY ALMOND DIP MIX™

Ingredients needed:

- ☺ Cherry Almond 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 works best. Chill at least 4 hours before serving. Stir before serving. Serve with wheat crackers, butter-type crackers, assorted fruits (i.e., apple or pear slices), chocolate cookies, 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.

CHOCOLATE CHERRY ALMOND CAKE

- ☺ 1 packet **Cherry Almond Dip Mix**
- ☺ 1 pkg. chocolate cake mix; pudding in the 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. With electric mixer blend on low speed, then mix on medium speed for 1 minute. 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 maraschino cherry juice *or* 1 teaspoon vanilla extract
- ☺ 1 to 2 Tablespoons milk, to reach desired consistency