

Lancaster Fresh™

All Natural

Cape Cod Cranberry & Walnut

GOURMET DIP MIX

NET WT 3 OZ (84g)

Simple to prepare!

Ingredients needed:

- Cape Cod Cranberry & Walnut Dip Mix
- 8 oz. cream cheese, softened
- 1 cup sour cream
- 20 oz. can crushed pineapple, well drained

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

Complete directions and recipes inside!

Ingredients: cranberries (sugar, sunflower oil), walnuts (tree nut), apples, dried honey (cane sugar, honey), spices, natural flavors, dextrose and cornstarch.

Contains: walnuts

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



NO WHEAT



100% ALL NATURAL

Distributed By:
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Nutrition Facts

Serving Size 2 Tablespoons (35g)
Servings Per Container about 35

Amount Per Serving	Mix	with added ingredients
Calories	22	70
Calories from Fat	4	35
	% Daily Value**	
Total Fat 0g*	0%	5%
Saturated Fat 0g	0%	10%
Trans Fat 0g	-	-
Cholesterol 0mg	0%	3%
Sodium 7mg	0%	1%
Total Carbohydrate 4g	1%	3%
Dietary Fiber 0g	0%	4%
Sugars 4g	-	-
Protein 0g	-	-
Vitamin A	0%	2%
Vitamin C	5%	2%
Calcium	0%	0%
Iron	0%	0%

*Amount in Cape Cod Cranberry & Walnut Dip Mix. Added ingredients contribute an additional 48 calories, 3.5g total fat, 2g saturated fat, 0g trans fat, 10mg cholesterol, 25mg sodium, 8g total carbohydrate (6g 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.

CAPE COD CRANBERRY & WALNUT DIP MIX™

Ingredients needed:

- ☑ Cape Cod Cranberry & Walnut Dip Mix
- ☑ 8 oz. cream cheese, softened*
- ☑ 1 cup sour cream
- ☑ 20 oz. can crushed pineapple, well drained

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, apple or pear slices, 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 eliminate crushed pineapple from recipe, but you will need to add 1/4 cup water or orange juice.

CAPE COD CRANBERRY & WALNUT CAKE

- ☑ 1 packet Cape Cod Cranberry & Walnut Dip Mix
- ☑ 1 pkg. yellow cake mix, pudding in mix (1 lb. 2.25 oz. size)
- ☑ 2 eggs
- ☑ 1 cup 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 orange juice or 1 teaspoon vanilla extract
- ☑ 1 to 2 Tablespoons milk