

Lancaster Fresh™

Fantastic Fruit

GOURMET DIP MIX

NET WT 4.5 OZ (126g)

Simple to prepare!

Ingredients needed:

- Fantastic Fruit Dip Mix
- 1/4 cup hot water
- 8 oz. cream cheese, softened

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

Complete directions and recipes inside!

Ingredients: sugar, egg whites, natural and artificial flavors, lemon peel, dextrose, tapioca starch, tapioca dextrin and cornstarch.

Contains: eggs

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



NO WHEAT

Distributed By:
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Nutrition Facts

Serving Size 2 Tablespoons (28g)
Servings Per Container about 16

Amount Per Serving	Mix	with added ingredients
Calories	41	91
Calories from Fat	0	45
	% Daily Value**	
Total Fat 0g*	0%	8%
Saturated Fat 0g	0%	15%
Trans Fat 0g	-	-
Cholesterol 0mg	0%	5%
Sodium 6mg	0%	2%
Total Carbohydrate 10g	3%	3%
Dietary Fiber 0g	0%	0%
Sugars 8g	-	-
Protein 0g	-	-
Vitamin A	0%	1%
Vitamin C	1%	1%
Calcium	0%	1%
Iron	0%	0%

*Amount in Fantastic Fruit Dip Mix.

Added ingredients contribute an additional 50 calories, 5g total fat, 3g saturated fat, 0g trans fat, 16mg cholesterol, 43mg 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.

FANTASTIC FRUIT DIP MIX™

Ingredients needed:

- ☺ **Fantastic Fruit Dip Mix**
- ☺ 1/4 cup hot water
- ☺ 8 oz. cream cheese, softened*

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.*

Before starting, read directions thoroughly and make sure all utensils you will be using are clean and grease free.

Directions:

Empty packet into medium-size, deep bowl. Add hot water. Mix with fork to blend, then beat with electric mixer on high speed approximately 2 to 3 minutes until light and fluffy. Mixture should form stiff peaks. Add softened cream cheese. Mix cream cheese in by hand until well blended. Chill 2 hours before serving. Makes approximately 2 cups of dip.

SERVE WITH ANY TYPE OF FRUIT (fresh, frozen, canned or dried) such as apples, bananas, strawberries, peaches, pears, grapes, mandarin orange sections, pineapple, melon, etc. May also be used as a topping for fruit salads, melon slices or balls, or gelatin fruit salads.

FLUFFY FRUIT SALAD

Make dip according to directions; fold in 4 to 6 cups of fruit. (Make sure fruit is well drained.) You may also add 1 cup shredded coconut and/or 1/2 cup chopped walnuts. Chill 2 hours before serving.

FRUIT PIZZA

Using a pizza pan or small cookie sheet, make crust using refrigerated sugar cookie dough, crescent rolls, or make your own sweet crust of some type. Bake; let cool. Make dip according to directions and spread onto cooled crust. Top with any type or combination of cut-up fresh fruit. May also add shredded coconut and chopped nuts. (If you toss fruit with 1 to 2 Tablespoons of an orange marmalade it will help to keep fruit from turning brown, or use some type of fruit protector, i.e., FRUIT FRESH®.)