

Lancaster Fresh™

Harvest Pumpkin

GOURMET DIP MIX

NET WT 2 OZ (56g)

Simple to prepare!

Ingredients needed:

- Harvest Pumpkin Dip Mix
 - 1/3 cup hot water
 - 8 oz. cream cheese, softened
- Optional: 1/2 cup toasted, chopped pecans or walnuts

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

Complete directions and recipes inside!

Ingredients: sugar, pumpkin (maltodextrin, corn flour, sunflower lecithin), spices, natural flavors, dextrose and cornstarch.

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

Distributed By:
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Nutrition Facts

Serving Size 2 Tablespoons (32g)
Servings Per Container about 12

Amount Per Serving	Mix	with added ingredients
Calories	27	94
Calories from Fat	0	63
% Daily Value**		
Total Fat 0g*	0%	11%
Saturated Fat 0g	0%	20%
Trans Fat 0g	-	-
Cholesterol 0mg	0%	7%
Sodium 2mg	0%	2%
Total Carbohydrate 7g	2%	2%
Dietary Fiber 1g	4%	4%
Sugars 0g	-	-
Protein 0g	-	-
Vitamin A	1%	3%
Vitamin C	4%	4%
Calcium	2%	3%
Iron	0%	6%

*Amount in Harvest Pumpkin Dip Mix.
Added ingredients contribute an additional 67 calories, 7g total fat, 4g saturated fat, 0g trans fat, 21mg cholesterol, 57mg sodium, 0g total carbohydrate (0g 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.

HARVEST PUMPKIN DIP MIX™

Ingredients needed:

☉ **Harvest Pumpkin Dip Mix**

☉ 1/3 cup hot water

☉ 8 oz. cream cheese, softened*

☉ *optional*: 1/2 cup toasted**, chopped pecans or walnuts

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.*

***Toast pecans or walnuts in small pan over medium heat for approximately 3 to 5 minutes, stirring constantly. Do not scorch nuts.*

Directions:

Place mix into medium-size bowl. Add water, mix with fork and allow to set 5 minutes. Blend in softened cream cheese with fork, then mix well using an electric mixer (whip for approximately 2 minutes with mixer). *Optional*: fold in nuts. Chill minimum of 4 hours. Stir before serving. Serve with gingersnap or cinnamon-type cookies, apple or pear slices, vanilla wafers, animal crackers or graham crackers.

If dip appears too thick after chilling, add water (1 Tablespoon at a time) to reach desired consistency.

FLUFFY PUMPKIN PIE

Follow directions as above to prepare dip. After whipping with mixer, fold in an 8 oz. container of whipped topping (i.e., Cool Whip®). Spoon mixture into a ready-made graham cracker pie crust. Garnish with 1/2 cup of toasted**, chopped walnuts or pecans. Chill 4 hours before serving. May also use individual-size dessert shells.

PUMPKIN FLUFF

Follow directions as above to prepare dip. After whipping with mixer, fold in an 8 oz. container of whipped topping (i.e., Cool Whip®). Chill 4 hours. Serve dollop of "fluff" on top of pound cake slices, angel food cake slices, yellow cake squares or gingerbread squares.