

# Lancaster Fresh™

All Natural

## World's Greatest Honey Apple Pecan

### GOURMET DIP MIX

NET WT 3 OZ (84g)

### Simple to prepare!

#### Ingredients needed:

- World's Greatest Honey Apple Pecan Dip Mix
- 1 cup sour cream
- 8 oz. cream cheese, softened
- 1/4 cup water

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

#### Complete directions and recipes inside!

Ingredients: apples, pecans (tree nut), dried honey (cane sugar, honey), spices, natural flavors, dextrose and cornstarch.

Contains: pecans

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



100% ALL  
NATURAL



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### Nutrition Facts

Serving Size 2 Tablespoons (30g)  
Servings Per Container about 19

Amount Per Serving	Mix	with added ingredients
Calories	34	102
Calories from Fat	9	71
	% Daily Value**	
Total Fat 1g*	2%	12%
Saturated Fat 0g	0%	20%
Trans Fat 0g	-	-
Cholesterol 0mg	0%	6%
Sodium 4mg	0%	2%
Total Carbohydrate 6g	2%	2%
Dietary Fiber 0g	0%	0%
Sugars 5g	-	-
Protein 0g	-	-
Vitamin A	0%	2%
Vitamin C	15%	15%
Calcium	0%	3%
Iron	0%	0%

\*Amount in World's Greatest Honey Apple Pecan Dip Mix. Added ingredients contribute an additional 68 calories, 7g total fat, 4g saturated fat, 0g trans fat, 19mg cholesterol, 42mg 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.

## **WORLD'S GREATEST HONEY APPLE PECAN DIP MIX™**

### ***Ingredients needed:***

- ☺ **World's Greatest Honey Apple Pecan Dip Mix**
- ☺ 1 cup sour cream
- ☺ 8 oz. cream cheese, softened\*
- ☺ 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:***

Blend sour cream and cream cheese. Add entire packet of mix and water. Mix well. Chill minimum 4 hours. Stir before serving. Serve with wheat crackers, butter-type crackers, apple or pear slices, cinnamon graham crackers, bagels, celery or carrot sticks. May substitute yogurt with this mix. Keep prepared dip refrigerated.

- Delicious served on toasted bagels or English muffins.
- Delicious stuffed into celery pieces.

## **COUNTRY HONEY APPLE PECAN PIE**

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

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