

# Lancaster Fresh™

## Luscious Lemon

### GOURMET DIP MIX

NET WT 4 OZ (112g)

## Simple to prepare!

### Ingredients needed:

- Luscious Lemon Cooler Dip Mix
- 1 cup sour cream
- 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 w/cornstarch added to prevent caking, lemon juice powder (corn syrup, lemon juice w/lemon oil), natural flavors (w/dextrose, cornstarch, tricalcium phosphate added to prevent caking, water, glycerine, and alcohol), and lemon peel.

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 19

Amount Per Serving	Mix	with added ingredients
Calories	29	97
Calories from Fat	0	63

	% Daily Value**	
Total Fat 0g*	0%	11%
Saturated Fat 0g	0%	20%
Trans Fat 0g	-	-
Cholesterol 0mg	0%	6%
Sodium 0mg	0%	2%
Total Carbohydrate 7g	2%	3%
Dietary Fiber 0g	0%	0%
Sugars 7g	-	-
Protein 0g	-	-
Vitamin A	0%	2%
Vitamin C	1%	2%
Calcium	0%	3%
Iron	0%	0%

\*Amount in Luscious Lemon Dip Mix.  
Added ingredients contribute an additional 68 calories, 7g total fat, 4g saturated fat, 0g trans fat, 19mg cholesterol, 43mg sodium, 1g total carbohydrate (0g sugar), 0g 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.

## LUSCIOUS LEMON DIP MIX™

### *Ingredients needed:*

- ☉ Luscious Lemon Dip Mix
- ☉ 1 cup sour cream
- ☉ 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.*

### **Directions:**

Place mix into medium-size bowl. Add sour cream and cream cheese. Mix well; use electric mixer for best results. Whip for approximately 2 minutes. Chill minimum of 4 hours before serving. Stir before serving. Serve with gingersnaps, vanilla-type cookies, graham crackers or with any fresh fruit. Keep prepared dip refrigerated.

## COOL LEMON MOUSSE PIE

Follow directions as above to prepare dip. After whipping with mixer, fold in an 8 oz. container of whipped topping. Spoon mixture into a ready-made graham cracker pie crust. Chill 4 hours before serving. May also use individual-size dessert shells.

## SNAPPY LEMON PARFAITS

Follow directions as above to prepare dip. After whipping with mixer, fold in an 8 oz. container of whipped topping. In a large Ziploc® bag place approximately 24 gingersnap cookies; crush with a rolling pin or heavy object. Place 1/8 cup crushed gingersnaps in bottom of each parfait glass (this recipe will make 8 parfaits). Fill each parfait glass halfway with **Luscious Lemon** mixture. Repeat layer of crushed gingersnaps and **Luscious Lemon** mixture. Garnish each parfait with small amount of gingersnap crumbs. Chill before serving.