

Lancaster Fresh™

Strawberries & Cream Dip Mix™

GOURMET DIP MIX

NET WT 2.75 OZ (77g)

Simple to prepare!

Ingredients needed:

- » Strawberries & Cream 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 recipe inside.

Ingredients: strawberries, apples, sugar, natural flavor (w/dextrose, silicon dioxide, and polysorbate 60), natural and artificial flavors (dextrose, cornstarch, food starch-modified, maltodextrin, refined corn and/or soybean oil, natural tocopherols as antioxidant, tricalcium phosphate added to prevent caking), citric acid, and malic acid.

Contains: soy

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

Distributed By:

ICC Global Trade, LLC

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United States of America

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Nutrition Facts

Serving Size 2 Tablespoons (11g)
Servings Per Container about 19

Amount Per Serving	Mix	with added ingredients
Calories	25	90
Calories from Fat	0	60
	% Daily Value**	
Total Fat 0g*	0%	9%
Saturated Fat 0g	0%	20%
Trans Fat 0g	-	-
Cholesterol 0mg	0%	7%
Sodium 0mg	0%	2%
Total Carbohydrate 10g	3%	4%
Dietary Fiber <1g	4%	4%
Sugars 8g	-	-
Protein 0g	-	-
Vitamin A	0%	4%
Vitamin C	8%	8%
Calcium	0%	2%
Iron	0%	0%

*Amount in Strawberries & Cream 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), 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.

STRAWBERRIES & CREAM DIP MIX™

Ingredients needed:

- » **Strawberries & Cream 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:

Blend sour cream and cream cheese. Add entire packet of mix. Mix well; an electric mixer works best. Chill overnight or a minimum of 4 hours. Stir before serving. Serve with any type of fruit, vanilla-type cookies, chocolate animal crackers or chocolate cookies. Keep prepared dip refrigerated.

STRAWBERRIES & CREAM PRETZEL DELIGHT

Ingredients needed:

- » **1 packet Strawberries & Cream Dip Mix**
- » 3 cups crushed pretzels**
- » 2 Tbls. sugar
- » 3/4 cup melted butter or margarine
- » 1 pkg. (6 oz.) Strawberry Jell-O® gelatin
- » 2 cups boiling water
- » 1 cup ice cold water
- » 16 oz. Cool Whip® (large container), divided
- » 8 oz. cream cheese, softened*

***Approximately 10 oz. of premeasured pretzels, crushed.*

Crust: preheat oven to 375°. Crush pretzels until crumbly; add 2 Tbls. sugar and melted butter. Mix well and pat into the bottom of a 13x9-inch baking pan or dish. Bake for 10 minutes.

Layer 1: dissolve Jell-O® in 2 cups boiling water; stir until completely dissolved. Add 1 cup ice cold water; stir. Chill for approximately 30 minutes then fold in 2 cups of Cool Whip®. Carefully spread this mixture over pretzel crust.

Layer 2: mix softened cream cheese and Strawberries & Cream Dip Mix together until well blended. Fold in 2 cups Cool Whip® mix. Spread this mixture over Jell-O® layer. Top with remaining Cool Whip®. Refrigerate overnight or minimum of 8 hours.