

Lancaster Fresh™

Splendid Spinach

GOURMET DIP MIX

NET WT 1 OZ (28g)

Simple to prepare!

Ingredients needed:

- Splendid Spinach Dip Mix
- 1 cup sour cream
- 1 cup mayonnaise (Do not use salad dressing such as Miracle Whip®, use real mayonnaise.)

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

Complete directions and recipes inside!

Ingredients: spinach, onions, natural cheddar cheese powder (cheddar cheese [cultured milk, salt and enzymes, spice and coloring], sunflower oil, buttermilk powder, salt, disodium phosphate, propylene glycol, citric acid and lactic acid, spice and coloring), red bell peppers, spices and coloring, and salt.

Contains: milk

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

www.lancasterfresh.com



NO GLUTEN
NO WHEAT



Nutrition Facts

Serving Size 2 Tablespoons (28g)

Servings Per Container about 17

Amount Per Serving	Mix	with added ingredients
Calories	6	128
Calories from Fat	3	121
% Daily Value**		
Total Fat 0g*	0%	20%
Saturated Fat 0g	0%	15%
Trans Fat 0g	-	-
Cholesterol 1mg	0%	5%
Sodium 72mg	3%	6%
Total Carbohydrate 1g	0%	0%
Dietary Fiber 0g	0%	0%
Sugars 0g	-	-
Protein 0g	-	-
Vitamin A	14%	15%
Vitamin C	1%	1%
Calcium	1%	3%
Iron	0%	1%

*Amount in Splendid Spinach Dip Mix.

Added ingredients contribute an additional 122 calories, 13g total fat, 3g saturated fat, 0g trans fat, 13mg cholesterol, 81mg 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.

SPLENDID SPINACH DIP MIX™

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☉ **Splendid Spinach Dip Mix**

☉ 1 cup sour cream

☉ 1 cup mayonnaise (Do not use salad dressing such as Miracle Whip®, use real mayonnaise.)

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Directions:

Blend mayonnaise and sour cream. Add entire packet of mix. Mix well. Chill minimum of 4 hours. Stir before serving. Serve with vegetables, crackers or pieces of dark bread (i.e., Jewish Rye, pumpernickel, etc.) Keep prepared dip refrigerated.

Serving idea:

Mix dip according to directions and serve dip in a carved-out loaf of round dark bread. This will be your bowl. Use pieces of bread you carved out for dipping. "Bowl" may also be torn into pieces and eaten.

Variations:

- For a less "rich" dip, use 1-1/2 cups of sour cream and 1/2 cup mayonnaise. Add entire packet of mix. Mix well. Chill 4 hours.
- Add 1 small can of water chestnuts, drained and chopped.

SPLENDID SPINACH DIP CASSEROLE / APPETIZER

☉ 1 packet **Splendid Spinach Dip Mix**

☉ 16 oz. carton small curd cottage cheese

☉ 8 oz. sharp cheddar cheese, shredded

☉ 3 eggs, beaten

Preheat oven to 350°. Combine all ingredients and mix well.

Place in a buttered casserole dish and bake for 45 minutes.

Serves 6 as a side dish. May also be served as a hot appetizer with sliced cocktail pumpernickel bread.