



# Blueberry Walnut

## DIP MIX

NET WT 3 OZ (84g)

### Simple to prepare!

#### Ingredients needed:

- Blueberry & Walnut Dip Mix
- 8 oz. cream cheese, softened
- 1 cup sour cream
- 1/4 cup water

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

#### Complete directions and recipes inside!

Ingredients: blueberries (w/sugar, sunflower oil), walnuts (tree nut), apples, dried honey (cane sugar, honey), spices, natural and artificial flavors, dextrose and cornstarch.

Contains: walnuts

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 20

Amount Per Serving	Mix	with added ingredients
<b>Calories</b>	26	91
Calories from Fat	9	72
<b>% Daily Value**</b>		
<b>Total Fat</b> 1g*	<b>2%</b>	<b>12%</b>
Saturated Fat 0g	<b>0%</b>	<b>20%</b>
Trans Fat 0g	-	-
<b>Cholesterol</b> 0mg	<b>0%</b>	<b>6%</b>
<b>Sodium</b> 1mg	<b>0%</b>	<b>2%</b>
<b>Total Carbohydrate</b> 4g	<b>1%</b>	<b>2%</b>
Dietary Fiber 1g	<b>4%</b>	<b>4%</b>
Sugars 3g	-	-
<b>Protein</b> 0g	-	-
<b>Vitamin A</b>	0%	2%
<b>Vitamin C</b>	2%	3%
<b>Calcium</b>	0%	3%
<b>Iron</b>	0%	0%

\*Amount in **Blueberry & Walnut Dip Mix**. Added ingredients contribute an additional 65 calories, 7g total fat, 4g saturated fat, 0g trans fat, 18mg cholesterol, 41mg sodium, 1g total carbohydrate (1g 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.