



Simple to prepare!

Ingredients needed:

- Cherry Almond 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 recipe inside!

Ingredients: cherries (red tart pitted cherry w/sugar, rice flour, sunflower oil), almonds (tree nut), apples, dried honey (cane sugar, honey), spices, natural and artificial flavorings, dextrose and cornstarch.

Contains: almonds

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
Calories	21	85
Calories from Fat	9	63
	% Daily Value**	
Total Fat 1g*	2%	11%
Saturated Fat 0g	0%	20%
Trans Fat 0g	-	-
Cholesterol 0mg	0%	6%
Sodium 2mg	0%	2%
Total Carbohydrate 4g	1%	2%
Dietary Fiber 0g	0%	0%
Sugars 3g	-	-
Protein 0g	-	-
Vitamin A	1%	2%
Vitamin C	2%	3%
Calcium	0%	3%
Iron	0%	0%

*Amount in **Cherry Almond Dip Mix**.
 Added ingredients contribute an additional 64 calories, 6g total fat, 4g saturated fat, 0g trans fat, 18mg cholesterol, 40mg 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.