



Simple to prepare!

Ingredients needed:

- Harvest Pumpkin Dip Mix
 - 1/3 cup hot water
 - 8 oz. cream cheese, softened
- Optional: 1/2 cup toasted, chopped pecans or walnuts

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

Complete directions and recipes inside!

Ingredients: sugar, pumpkin (maltodextrin, corn flour, sunflower lecithin), spices, natural flavors, dextrose and cornstarch.

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 12

Amount Per Serving	Mix	with added ingredients
Calories	27	94
Calories from Fat	0	63
	% Daily Value**	
Total Fat 0g*	0%	11%
Saturated Fat 0g	0%	20%
Trans Fat 0g	-	-
Cholesterol 0mg	0%	7%
Sodium 2mg	0%	2%
Total Carbohydrate 7g	2%	2%
Dietary Fiber 1g	4%	4%
Sugars 5g	-	-
Protein 0g	-	-
Vitamin A	1%	3%
Vitamin C	4%	4%
Calcium	2%	3%
Iron	0%	6%

*Amount in **Harvest Pumpkin Dip Mix**.
 Added ingredients contribute an additional 67 calories, 7g total fat, 4g saturated fat, 0g total fat, 21mg cholesterol, 57mg sodium, 0g 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.