

## **CHUNKY CRANBERRY DIP**

American Institute for Cancer Research

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### **Ingredients**

- 1- 8oz. package reduced fat cream cheese
- 1-2 Tbsp lowfat milk
- ½ cup chopped dried cranberries
- ¼ cup chopped blanched almonds
- ½ Tsp orange zest, preferably fresh

### **Instructions**

1. In medium bowl, place cheese and allow to soften at room temperature.
2. Mash and work with fork until texture is light enough to combine easily with other ingredients.
3. Gradually add milk until cheese becomes soft and spreadable.
4. Mix remaining ingredients.
5. Cover and refrigerate up to 2 days ahead or let stand at room temperature 1 hour before serving to allow flavors to blend.

Makes 1 ½ cups. Serving size: 1 tablespoon

### **Nutritional information per serving (1 tablespoon)**

Calories: 29

Total fat: 2g

Saturated fat: Less than 1g

Sodium: 35mg

Total carbohydrate: 3g

Dietary fiber: Less than 1g

Protein: 1g



**Wellness Center**