

Creamed corn dip

Recipe developed by WASCA

Traffic light category: **Green**

Serves: 2 cups

Ingredients

- 180g reduced fat cream cheese
- 125g reduced fat cottage cheese
- 420g creamed corn
- 175g corn relish
- 2 tablespoon finely chopped fresh parsley



Method

1. Combine all ingredients except parsley in a food processor and process until well combined (approximately 30-40 seconds)
2. Stir through the parsley
3. Serve with vegetable sticks, crackers or toasted pita breads.

Nutrition information panel


Nutrient	Per serve	Per 100g
Energy	203.7kJ	339.1kJ
Protein	2.0g	3.7g
Total fat	2.0g	3.7g
Saturated fat	1.4g	2.3g
Carbohydrate	4.2g	7.0g
Sugars	4.2g	7.0g
Dietary fibre	1.7g	2.8g
Sodium	166.9mg	277.9mg



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