



### **Healthy Snack Spread**

1 can (15 ounce) Nutolene

$\frac{1}{4}$  -  $\frac{1}{2}$  cup sweet pickle relish

4-6 tablespoons Vegenaïse or mayonnaïse or to taste

$\frac{1}{2}$  teaspoon onion powder (optional)

Directions: Mash Nutolene with a fork or pulse it in a food processor. Add relish and Vegenaïse until desired consistency is reached. Spread on rice crackers, bread, or celery sticks.

*Submitted by B.V. of North Carolina*