



Healthy Snack Spread

1 can (15 ounce) Nutmeat

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

4-6 tablespoons Vegenaïse or mayonnaïse or to taste

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

Directions: Mash Nutmeat 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