

MUSHROOM DIP



Recipe developed by Chef Paige Vondran

	Ingredients	Exchanges
Heavy Cream	60g	
Fat	30g mayonnaise	6
Carbohydrate	19.5g mushrooms	1.3
Other	salt, onion powder	

DIRECTIONS

- In a small sauté pan, combine the mayonnaise, heavy cream, and mushrooms.
- Season to taste with salt and onion powder.
- Cook over a medium flame for 10 minutes or until thick.
- Transfer mixture to a blender and puree until smooth.
- Serve warm.

VARIATIONS

- Alternatively, carrots, tomato, or peas could be used as the carbohydrate.
- Adjust this recipe as needed to your child's personal meal plan.