

Cheese Spread

Beverly Brock

St Timothy's - Hale Schools - Raleigh, NC - 1976

*8 ounces Wispride cheese,
softened
3 tablespoons mayonnaise
3 dashes red pepper flakes
8 ounces cream cheese,
softened
2 tablespoons onion flakes*

In a bowl, combine all of the ingredients. Beat well.

Place in a container with a sealable lid.

Store in the refrigerator.

Per Serving (excluding unknown items): 1122 Calories; 114g Fat (88.7% calories from fat); 18g Protein; 14g Carbohydrate; 1g Dietary Fiber; 263mg Cholesterol; 907mg Sodium. Exchanges: 1/2 Grain(Starch); 2 1/2 Lean Meat; 17 1/2 Fat.