

# Fresh Pineapple Dip

Courtney Blossman - Ocean Springs, MS  
Treasure Classics - National LP Gas Association - 1985

**Yield: 1 cup**

*1 bottle (6 tablespoons)  
capers, drained  
2 ounces anchovy fillets,  
chopped  
1 clove garlic, pressed  
1 teaspoon Dijon mustard  
1 tablespoon lemon juice*

**Preparation Time: 10 minutes**

Place all of the ingredients in a blender.

Pulse until smooth

(Use as a dip for fresh pineapple chunks or other fruit.)

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Per Serving (excluding unknown items): 135 Calories; 6g Fat (39.4% calories from fat); 17g Protein; 3g Carbohydrate; trace Dietary Fiber; 48mg Cholesterol; 2453mg Sodium. Exchanges: 2 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 1/2 Other Carbohydrates.