

Mini CUCUMBER TEA SANDWICHES

Looking for a snack,
but not looking for
the extra calories?
You've found it!
A sweet addictive
dip that won't break
your belt.



DIRECTIONS:

- Wash all of your produce before cutting.
- Slice the mini cucumbers on an angle.
- Finely chop the fresh dill, place in bowl with cream cheese, and mix.
- Use pastry cutter (or a cookie cutter) to cut bread into desired shape (we suggest cutting bread into circles).
- Spread cream cheese and dill mixture onto bread and place cucumber slice on top of bread.
- Sprinkle with fresh dill, serve, and enjoy!



Nutrition Facts	
Serving Size (200g) Servings Per Container	
Amount Per Serving	
Calories 190	Calories from Fat 70
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 380mg	16%
Total Carbohydrate 24g	8%
Dietary Fiber 3g	12%
Sugars 6g	
Protein 9g	
Vitamin A 15%	Vitamin C 10%
Calcium 20%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	



Prep time: 10 Minutes
Cook time: N/A
Serves: 8-10 People

INGREDIENTS:

- 6 NatureFresh™ Mini Cucumbers
- 1 loaf of Rye or Pumpernickel bread
- Fresh dill

CHEF'S TIP:

Throw another topping onto your sandwiches to pair with the mini cucumbers – add a splash of color with a halved TOMZ® Red Cherry tomato!

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