

# Cook's Question

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**ANSWER** — R. Stoltzfus asked for an easy fruit dip recipe. Thanks to Jane Heckman, Effort; Anna Joyce Martin, East Earl; Tina Rzucidlo, Southeastern; and to Cordelia Wolfe of Seven Valleys for sending recipes.

## Fruit Dip

16 ounces sour cream  
1 3-ounce package vanilla instant pudding  
Beat well. Dip fruit in. Coconut may be added.

## Fruit Dip

8 ounces cream cheese  
½ cup marshmallow  
2 cups whipped topping  
Mix together either with orange or pineapple juice. (8 ounces) cream cheese, softened  
1 cup plain yogurt  
¼ cup honey  
2 teaspoons crushed gingerroot  
1 can (8 ounces) crushed pineapple in juice, drained  
Beat cream cheese, yogurt, honey and gingerroot until creamy. Fold in pineapple. Cover; refrigerate 1 hour. Makes about 3 cups.

## Fresh Fruit Dip

1 package (8 ounces) cream cheese, softened  
1 small jar (7 to 8 ounces) marshmallow creme  
8-ounces frozen whipped topping (thawed)  
Blend all ingredients together. Chill at least 1 hour before serving.

Serve both dips with fresh fruit; grapes, strawberries, pineapples, mandarin oranges, apple slices, or other fruit.

## Fruit Dip

8 ounces can crushed pineapple  
3½ -ounce box vanilla pudding (dry)  
¾ cup milk  
½ cup sour cream  
Mix all ingredients in blender. Use with cut up fresh fruit as a dip.

## Dip for Fresh Fruit

3 ounces cream cheese  
1 small jar marshmallow cream  
Mix together till thoroughly blended. It's hard to believe something so easy can be so delicious!  
This recipe is very good served with a fresh watermelon basket in the summertime.

# Eggs

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## CHOLESTEROL-FREE OMELET

2 large egg whites  
2 tablespoons dry skim milk powder  
1 tablespoon cold water  
2 drops yellow food coloring  
Place all ingredients in a small mixing bowl and beat until frothy. Fry as for any other omelet. Add vegetables if desired.

This mixture can be used for French toast, also. Add a dash of cinnamon or any other flavoring to mixture before beating.

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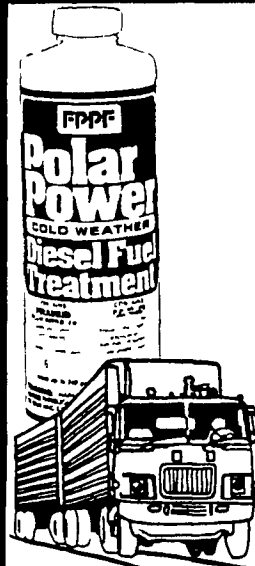
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