



Buffalo Hemp Enriched Hot Dip

INGREDIENTS

Stage	Ingredients	Weight per serving	%	Mix weight (grams)
1	Hulled hemp seed (hearts)	87.57	8.76	250.00
1	Haricot beans	91.07	9.11	260.00
2	Vegetable oil	14.01	1.40	40.00
2	Celery (dice 3mm)	52.54	5.25	150.00
3	Cream cheese	126.09	12.61	360.00
3	Franks buffalo sauce	126.09	12.61	360.00
3	Soft blue cheese	52.54	5.25	150.00
3	Mozzarella cheese (grated)	57.79	5.78	165.00
3	Butter milk	105.08	10.51	300.00
3	Milk (full fat)	140.11	14.01	400.00
3	Water 1	84.06	8.41	240.00
4	Indulge 2740	28.02	2.80	80.00
4	Water 2	35.03	3.50	100.00
	TOTAL	1000.00	100.00	2855.00

COOK LOSS : 5%

Suitable For

- Vegan diet
- Vegetarian diet
- Gluten intolerant
- Halal diet

Other Benefits

- From sustainable source
- Gluten free
- Nut free
- Soya free

Potential Health Claims

- Protein
- Fibre
- PUFA's

Method

1. Chop haricot beans and place in a bowl together with the hulled hemp seed (hearts) (stage 1 ingredients).
2. Heat oil and cook celery (stage 2 ingredients) in a pan.
3. Add all stage 3 ingredients, cream cheese, franks buffalo sauce, soft blue cheese, mozzarella cheese grated, butter milk, full fat milk and water 1 and stage 1 ingredients (chopped haricot beans and hulled hemp seed), into the pan.
4. Make a slurry from the tapioca starch (indulge 2740) and water 2, add this to the dip mixture in the pan and stir until all ingredients are cooked.