

Smoked Salmon Mousse

1 lb..... Lox
8 oz..... Cream Cheese
2 oz..... Onion
½ tsp..... Garlic Powder
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1 ea..... Juice of lemon
¼ tsp..... Tabasco

1. Place ingredients in a food processor and puree until creamy.

Smoked or grilled salmon (or trout) can also be used in place of the lox but salt will need to be added too. This is great with

crackers or if you are planning a special tea party it will make great finger sandwiches. Just get the cheep wonder bread type bread and spread a thin layer on it. Top it with a second piece, trim the crust and cut into little sandwiches.

To make this lower in fat, you can use fat free cottage cheese and a tablespoon of red wine vinegar in place of the cream cheese.

Be creative, have fun and enjoy!!!

