

INGREDIENTS

- ½ cup non-fat milk
- ½ cup walnuts
- 2 tabl spoon
- 1 teaspoon le
- 1 teaspoon
- 1 cup chop
- 2 medium

DIRECTIONS

1. Preheat
2. If using
strained
place
3. Spre
min
4. In
m
5. In

