

# Blue Cheese Spread

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**Yield: 2 cups**

*8 ounces Cambozola  
cheese (rind removed)  
8 ounces cream cheese  
1/2 cup sour cream  
1/2 cup chopped walnuts  
1 tablespoon honey  
pinch cayenne  
pinch salt  
walnuts for topping*

In a bowl, beat the cambozola cheese, cream cheese, sour cream, chopped walnuts, honey, cayenne and salt with a mixer.

Transfer to jars.

Top with more walnuts.

Refrigerate for up to five days.

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Per Serving (excluding unknown items): 1482 Calories; 139g Fat (81.2% calories from fat); 36g Protein; 36g Carbohydrate; 3g Dietary Fiber; 300mg Cholesterol; 733mg Sodium. Exchanges: 1/2 Grain(Starch); 4 1/2 Lean Meat; 1/2 Non-Fat Milk; 25 1/2 Fat; 1 Other Carbohydrates.