



Yummy Spreads recipes

by
**April
Blomgren**

**Flavorful, Healthy
and Mouthwatering
Spreads Elevate
Your Treats**

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Elevate Your Treats

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April Blomgren



Homemade Recipes

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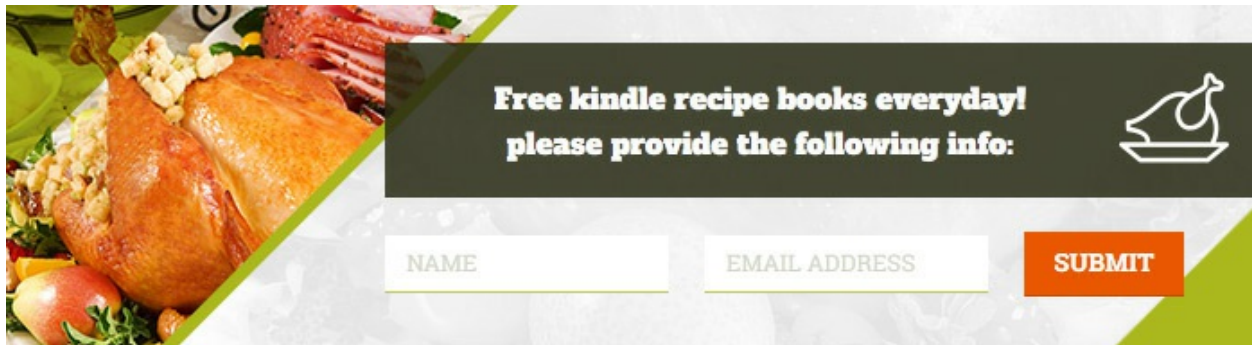
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Introduction



Spreads follow an irregular routine; you can almost combine whatever flavors you like into one as far as they give you an easy layout on your biscuits, bread slices, vegetables, etc., and a delicious taste too.

Making the perfect spreads comes from the heart as they incorporate unique ingredients that are special to you.

This cookbook shares thirty of them that come in different flavors and tastes; cheesy types, fruit-based ones, vegetable-inspirations, and balances them between savory, salty, spicy, and sweet options. There's something for different days and occasions, which you will love.

Scan through the options shared, which suits you best?

Found your choice? Now, you can grab a bowl, a spoon, and your ingredients, and let's get to mixing some mouthwatering spreads – Oh! You may need a food processor or blender too.

Cheer to many days of elevated munching!

1. Greek Pita Spread



It is a colorful and enriched cream and vegetable spread to have for all occasions.

Makes: 2 cups

Ingredients:

- 8 oz cream cheese, softened
- ½ cup Greek vinaigrette
- 1 cup sour cream
- 1 large green bell pepper, deseeded and chopped
- 1 large red bell pepper, deseeded and chopped
- 2 (2 ¼-inch oz) cans sliced olives, drained
- 2 medium tomatoes, deseeded and finely chopped
- 1 small red onion, finely chopped
- 1 large cucumber, deseeded and chopped
- 1 cup crumbled feta cheese

Instructions:

In a bowl, mix cream cheese, Greek vinaigrette, and sour cream until well combined.

Scatter remaining ingredients on top and enjoy with pita bread and crackers.

2. Goat Cheese and Herb Spread



The flavor of this spread is fantastic while giving you bits of crunch from fresh chives.

Makes: 1 cup

Ingredients:

- 8 oz soft goat cheese
- ¼ cup chopped fresh mixed herbs (parsley, chives, tarragon, etc.)
- Black pepper to taste

Instructions:

In a bowl, mix all ingredients until well combined.

Enjoy with bread.

3. Cheese and Pineapple Spread



Who loves a good tropical spread? This one right here is what we all want in our kitchens.

Makes: 1 ½ cups

Ingredients:

- ¼ cup cream cheese, softened
- 2 tbsp mayonnaise
- ¼ cup finely grated cheddar cheese
- Salt to taste
- 1 cup crushed pineapple, drained
- ½ small red bell pepper, deseeded and chopped
- 1 scallion, chopped
- 2 tbsp toasted cashew nuts, chopped

Instructions:

In a bowl, mix cream cheese, mayonnaise, cheddar cheese, and salt until well

combined.

Fold in remaining ingredients until well-distributed.

Enjoy!

4. Herbed Cream Cheese Spread



Earlier in recipe 2, we made a goat cheese version of this spread. For a creamier and reduced flavor, you want to try this one – it is heavenly.

Makes: 2 cups

Ingredients:

- 8 oz cream cheese
- 8 oz sour cream
- ½ cup chopped fresh herbs (basil, chives, scallions, and cilantro)
- 1 garlic clove, minced
- Salt to taste

Instructions:

In a bowl, mix cream cheese and sour cream until well combined.

Fold in remaining ingredients until well mixed.

Enjoy!

5. Smoked Salmon Spread



A seafood spread is always an enriching idea, and we couldn't have made it right without smoked salmon.

Makes: 2 cups

Ingredients:

- 2 (8 oz) packs cream cheese, softened
- 3 tbsp horseradish sauce
- 1 tbsp Worcestershire sauce
- 1 tbsp lemon juice
- 1 (4 oz) pack smoked salmon
- ¼ tsp Creole seasoning
- Black pepper to taste
- Chopped fresh dill for garnish
- Chopped toasted walnuts for garnish

Instructions:

In a bowl, mix cream cheese, horseradish sauce, Worcestershire sauce, and lemon juice until well combined.

Fold in salmon and season with Creole seasoning and black pepper.

Garnish with dill, walnuts and enjoy!

6. Sun-Dried Tomato Spread



The flavor that bursts from this spread is so traditional and reminds us of Grandma's Italian cooking.

Makes: 1 $\frac{3}{4}$ cups

Ingredients:

- 1 cup unsalted margarine or butter, room temperature
- 2 tbsp soy milk
- $\frac{1}{2}$ tsp dried basil
- 5 garlic cloves, minced
- $\frac{3}{4}$ cup sun-dried tomatoes, chopped
- Salt to taste

Instructions:

Mix all ingredients in a bowl and enjoy with bread.

7. Fireside Cheese Spread



The right fireside meals come with sweet-smelling flavors, and to achieve the result in this spread, we worked it out with some paprika and Worcestershire sauce.

Makes: 3 ½ cups

Ingredients:

- 2 cups cheddar cheese spread, room temperature
- 3 tbsp butter, room temperature
- 8 ½ oz cream cheese, room temperature
- 1 tsp Worcestershire sauce
- ½ tsp garlic powder
- Paprika to taste
- Chopped fresh parsley for garnish

Instructions:

Mix all ingredients in a bowl until well combined and enjoy.

8. Cinnamon Cream Cheese Spread



Cinnamon, cream cheese, and nuts - a straightforward throw-together, but the aroma is very uplifting.

Makes: 1 ¼ cups

Ingredients:

- 8 oz cream cheese, room temperature
- 2 tsp cinnamon powder
- 2 tbsp firmly packed brown sugar
- ¼ cup finely chopped toasted walnuts

Instructions:

Combine all ingredients in a bowl until well mixed and enjoy.

9. Tuna Spread



A home without a tuna spread isn't complete. Children love the treat, so make sure to have it ready always.

Makes: 1 cup

Ingredients:

- 2 cans tuna in oil, drained and flaked
- ½ cup ricotta cheese
- Lemon juice to taste
- Salt and black pepper to taste
- Fresh parsley for garnish

Instructions:

Add all ingredients except for parsley to a food processor and blend until smooth.

Garnish with parsley and enjoy!

10. Cuban Island Spread



Take a quick walk-through Cuba with this spread, and your life will never be the same again.

Makes: 1 cup

Ingredients:

- ½ cup yellow mustard
- ½ cup mayonnaise
- 2 tbsp Cuban island spice

Instructions:

Mix all ingredients in a bowl until smooth.

Enjoy!

11. Herbed Garlic Butter Spread



Herbed garlic butter is a must-have for every home, always in the refrigerator. It comes in handy when you need a quick bite as the hunger pangs set in but sits well on grilled meat mains when you need an extra dash of flavor.

Makes: ½ cup

Ingredients:

- ½ cup softened butter
- ¼ tsp onion powder
- 1 tsp garlic powder
- ½ tsp dried parsley

Instructions:

Mix all ingredients in a bowl until smooth.

Use on bread and crackers.

12. Black Olive Spread



It is one-step dropped down to a tapenade when you don't want the pungent flavor of anchovies. Otherwise, add some anchovies with capers for a classic one.

Makes: 1 ¼ cups

Ingredients:

- 1 cup pitted black olives
- 1 tbsp freshly minced garlic
- 2 tbsp fresh lemon juice
- 2 tbsp extra-virgin olive oil
- 2 tbsp chopped fresh parsley
- 2 tbsp chopped fresh oregano leaves
- 2 tbsp pine nuts

Instructions:

Add all ingredients to a food processor and pulse a few times until smooth as

desired.

Pour into spread into a bowl and enjoy.

13. Greek Potato and Garlic Spread



So, you love mashed potatoes so much you almost want to eat them as a snack. This delicious spread makes you do that guilt-free. Head on!

Makes: 3 cups

Ingredients:

- 2 medium russet potatoes, peeled and softly cooked
- 6 garlic cloves, minced
- ½ cup blanched almonds
- ¼ cup + 2 tbsp fresh lemon juice
- ¾ cup extra-virgin olive oil
- Chopped fresh parsley for garnish

Instructions:

Add all ingredients to a food processor except for parsley and process until smooth.

Spoon into a bowl and garnish with parsley. Enjoy!

14. Whipped Feta Spread



The aroma and creaminess of feta cheese are so heartwarming. We love how whipping up soft feta creates a drool-worthy and smooth spread that you will love for days.

Makes: 1 cup

Ingredients:

- 8 oz feta cheese
- 1 tbsp fresh lemon juice
- 2 tsp olive oil or to taste + extra for drizzling
- Chopped fresh parsley for garnish

Instructions:

Add all ingredients to a bowl except for parsley and blend until smooth and creamy.

Spoon spread into a bowl, drizzle with some olive oil, garnish with parsley and enjoy!

15. Cranberry Cheese Spread



This fruity and cheesy spread is all you need for good pamper. Have a good one!

Makes: 2 ½ cups

Ingredients:

- 8 oz cream cheese, room temperature
- ½ cup soft goat cheese
- ½ tsp garlic powder
- 1 tsp honey
- 1 tbsp chopped fresh rosemary
- ½ cup dried cranberries, chopped
- ½ cup dried apricots, chopped
- Salt and black pepper to taste

Instructions:

In a bowl, mix cream cheese, goat cheese, garlic powder, and honey until

well combined.

Fold in remaining ingredients until well mixed. Enjoy!

16. Baba Ganoush



Head on to Lebanon through this spread and thank us later for its show-stopping result.

Makes: 1 ½ cups

Ingredients:

- 8 garlic cloves, unpeeled and smashed
- 2 medium eggplants, heads removed and halved
- 1/3 cup fresh lemon juice
- 2 tbsp mayonnaise
- ¼ cup + 2 tbsp tahini
- 1 tsp paprika
- 1 tsp cumin powder
- Salt and black pepper to taste
- 1 tbsp chopped fresh parsley + extra for garnish

Instructions:

Preheat oven to 350 F.

Place eggplants and garlic on a lined baking sheet and bake for 30 minutes or until eggplants are tender. Broil after for 5 minutes or until slightly charred.

Remove from oven and let cool to touch. Peel eggplants and garlic, and deseed eggplants.

Transfer to a food processor with remaining ingredients and blend into a smooth paste.

Pour spread into a bowl and enjoy.

17. Shrimp Spread



After all, shrimp isn't only meant for a skillet. This spread gives you one of many other options to enjoy shrimp whole-heartedly.

Makes: 1 ½ cups

Ingredients:

- 2 (4 oz) cans small cooked shrimp, divided
- 8 oz cream cheese, room temperature
- 1 tbsp prepared horseradish
- ½ tsp Old Bay seasoning

Instructions:

Add two-thirds of shrimp with remaining ingredients into a food processor and blend until smooth.

Spoon shrimp into a bowl and garnish with remaining shrimp. Enjoy!

18. Roasted Pepper and Eggplant Spread



When not making Baba Ganoush but trying something close to it, the flavor of this spread will blow your mind.

Makes: 1 ½ cups

Ingredients:

- 1 small eggplant, head removed and halved
- 6 large red bell peppers, deseeded and halved
- 3 garlic cloves, roughly chopped
- 1 oz fresh chives
- 3 tbsp extra-virgin olive oil, divided
- 1 tbsp fresh lemon juice
- 1 tbsp red wine vinegar
- 1 tsp brown sugar
- ¼ tsp crushed red pepper flakes
- Salt and black pepper to taste

Instructions:

Preheat oven to 350 F.

Place eggplants and peppers on a lined baking sheet and bake for 30 minutes or until tender.

Remove from oven and let cool to touch. Peel and deseed eggplants.

Transfer pepper and eggplants to a food processor with remaining ingredients and blend into a chunky paste.

Pour spread into a bowl and enjoy.

19. Sweet Apricot and Goat Cheese Spread



Grab a seat and indulge like there's no work tomorrow. Simply enjoy away!

Makes: 2 cups

Ingredients:

- 8 oz soft goat cheese
- ¼ to ½ cup apricot preserves
- 5 dried apricots, chopped
- 1/3 cup lightly salted almonds
- 3 tsp chopped fresh parsley
- Honey for topping

Instructions:

Mix all ingredients in a bowl until well distributed.

Drizzle with honey and enjoy!

20. Italian Cheese Spread



All you need is the right Italian seasoning and some creamy cheeses, and there, you have yourself a treat for a fun time.

Makes: 1 cup

Ingredients:

- 3 oz cream cheese
- ½ cup grated Parmesan cheese
- 1 cup ricotta cheese
- ¾ tsp Italian herb seasoning
- ½ tsp garlic powder
- ½ tsp red pepper flakes
- ¼ tsp salt
- 2 tsp extra-virgin olive oil

Instructions:

Mix all ingredients in a bowl until well combined.

Enjoy!

21. Pimento and Olive Cheese Spread



Easy-peasy yet loaded with delicious aromas and fun textures.

Makes: 1 cup

Ingredients:

- 8 oz cream cheese, softened
- 1½ tsp sour cream
- ½ tsp dry mustard
- ½ tsp Worcestershire sauce
- 1½ tsp ketchup
- Salt and black pepper to taste
- 2 tbsp minced white onion
- 2 tbsp sweet pickle relish
- 3 green olives with pimentos, diced
- 1 garlic clove, minced

Instructions:

In a bowl, mix cream cheese, sour cream, mustard, Worcestershire sauce,

ketchup, salt, and black pepper until well combined.

Fold in remaining ingredients until well distributed. Enjoy!

22. Carrot and Olive Spread with Spinach



This spread reminds us of an Indian dessert called Garja Ka Halwa. It is a savory take on the sweet dessert.

Makes: 2 cups

Ingredients:

- 2 large carrots, peeled and grated
- 2 tbsp pimiento-stuffed green olives, finely chopped
- ½ cup walnuts, finely chopped
- ¼ cup baby spinach, finely chopped
- 2 tbsp softened cream cheese
- 1 tbsp extra virgin olive oil
- ½ tsp dried basil
- 1 garlic clove, minced
- 1 tsp chia seeds
- Salt and black pepper to taste

Instructions:

Add all ingredients to a bowl and mix until well combined.

Enjoy!

23. Raspberry Spread



The color is inviting and does excellent justice to the taste too.

Makes: 1 ¼ cups

Ingredients:

- 1 cup frozen raspberries, thawed
- 2 tbsp melted butter
- 1 tsp chia seeds
- 1 tsp cinnamon powder
- 2 tbsp water

Instructions:

Add all ingredients to a food processor and blend until smooth.

Pour spread into a bowl and enjoy!

24. White Bean Spread



This is a classic Brazilian spread, which teaches us that white beans aren't meant for soups only. The natural creaminess from the beans is so satisfying.

Makes: 1 ½ cups

Ingredients:

- 2 tbsp fresh lemon juice
- 2 tbsp extra-virgin olive oil
- 2 tbsp fresh basil leaves + extra for garnish
- 2 to 4 tbsp water or as needed
- 1 ½ cups cooked cannellini beans, drained and rinsed
- 1 garlic clove, coarsely chopped
- Salt and black pepper to taste
- ½ tsp fresh lemon zest
- 2 tsp fresh rosemary leaves + extra for garnish

Instructions:

Add all ingredients to a blender and process until smooth.

Pour spread into bowl, drizzling with more olive oil and garnish with some basil and rosemary. Enjoy!

25. Sardine Cheese Spread



We make this spread as often as we can because it is so nourishing and delicious. If you don't like sardines, we are sure the recipe will change your mind.

Makes: 1 cup

Ingredients:

- 2 cans sardines, packed in olive oil
- 3 1/3 oz cream cheese, room temperature
- 2 tbsp fresh lemon juice
- 10 cilantro stems, finely chopped
- Salt and black pepper to taste

Instructions:

Mash sardines in a bowl using a fork and mix remaining ingredients until well combined.

Enjoy!

26. Avocado Lime Spread



What a lovely Mexican treat to bite into! For a guacamole take on it, add some chopped tomatoes, onions, and peppers, and enjoy a lovely chill.

Makes: ½ cup

Ingredients:

- 2 tbsp plain Greek yogurt
- 1 medium avocado, pitted and peeled
- ¼ tsp garlic powder
- ½ lime, juiced
- Salt and black pepper to taste

Instructions:

Add all ingredients to a food processor and blend until smooth.
Pour spread into a bowl and enjoy!

27. Kidney Bean and Walnut Spread



Beans and nuts; what a lovely Mediterranean! Serve this spread at a small gathering and impress everyone.

Makes: 2 ½ cups

Ingredients:

- 2 (15 oz) cans kidney beans, rinsed and drained
- 2 garlic cloves, minced
- 1/3 cup toasted walnuts, chopped
- 2 tbsp red wine vinegar
- 2 to 3 tbsp vegetable broth
- 2 tbsp chopped fresh parsley
- 3 tbsp chopped scallions
- 1/8 tsp cayenne pepper
- Salt and black pepper to taste

Instructions:

Add all ingredients to a food processor and blend until smooth.
Pour into a bowl and enjoy!

28. Chipotle Avocado Spread



Avocados are naturally creamy, which makes them excellent for spreads. By adding a few other elements for a kick, taste, or flavor-boost, you give a simple avocado spread an exciting uplift.

Makes: 1 cup

Ingredients:

- 2 medium avocados, pitted and peeled
- 1 tbsp fresh lime juice
- ½ tsp chipotle chili powder
- 1 tsp honey
- ½ tsp salt

Instructions:

Mash avocados in a bowl using a fork until smooth.

Mix in remaining ingredients until well combined. Enjoy

29. Banana and Peanut Butter Spread



Peanut butter and banana are a pair that can't be separated. As they work well in sandwiches, ice creams, and cakes, and name the endless options; you bet that making a spread with both of the ingredients is all-so worthy.

Makes: 2 $\frac{1}{4}$ cups

Ingredients:

- 2 cups drippy peanut butter
- 1 banana, sliced
- 2 tbsp honey
- Salt to taste
- 2 tsp banana extract

Instructions:

Process all ingredients in a blender until smooth.

Spoon into a bowl and enjoy!

30. Cheesy Chicken Spread



And we saved the best for the last! The famous chicken spread has been winning for decades. It is such a great option for leftover chicken and serves well for personal snacking or group starters.

Makes: 2/3 cup

Ingredients:

- 2 cooked (skinless and boneless) chicken breasts, thinly shredded
- 2 (8 oz) packages cream cheese, softened
- 1 (4 oz) jar diced pimentos, drained
- 1 tsp fresh lemon juice
- ¼ tsp dried oregano
- 1 tsp dried basil
- ¼ tsp dried thyme
- 1 scallion, sliced
- 1 cup walnut pieces, finely chopped

Instructions:

Mix all ingredients in a bowl until well distributed.

Enjoy!

Conclusion

How do you feel about the spreads we shared?

Do they excite you to enjoy spreads more often?

They are definitely worth having in your refrigerator so that you can spoon up a good chunk on your bread slices, crackers, etc., whenever you like.

We hope you will love them and share their recipes with your loved ones.

Meanwhile, do check out our other books that share easy recipes that you'll love.

See you soon in our next book.

Cheers!

Author's Afterthoughts



Thanks ever so much to each of my cherished readers for investing the time to read this book!

I know you could have picked from many other books but you chose this one. So a big thanks for buying this book and reading all the way to the end.

*If you enjoyed this book or received value from it, I'd like to ask you for a favor. Please take a few minutes to post an honest and heartfelt review on **Amazon.com**. Your support does make a difference and helps to benefit other people.*

Thanks!

April Blomgren

About the Author



April Blomgren

Hello everyone! Are you ready to grill tonight? My name is April and I love to cook and entertain friends and family almost every weekend. If you share my passion for great food, easy preparation time but mouthwatering results, you and I are going to get along just fine!

I think a successful meal among loved ones is based on a few key factors: fresh ingredients and appropriate cooking method. Some meats for example, can truly benefit from being marinated overnight, and will be at their best prepared on the grill. Another aspect of cooking I must insist on, no matter what your cooking style is: rely on the use of herbs and spices. Please favor fresh herbs each time you can. However, I understand that it may be difficult during certain periods of the year, so simply keep a well-stocked pantry of dried basic herbs and spices such as cinnamon, nutmeg, basil, oregano, thyme or any other favorites.

Finally, once you embark that exciting culinary journey with me, you will realize that simplicity is also one of my allied. Don't overthink when cooking. Inspire yourself of recipes, have fun doing it and taste as you go. Sure, you might once in a while burn a few pork chops or use too much salt in your sauce, you are just human. Cooking is not about succeeding every time, it is about the opportunity to learn and get better. Don't be afraid to taste your dishes along the way, adjust the seasonings and serve accordingly.