

Hot Crab Dip (Family Favorites-Anne Grimes)

8 ounces cream cheese, softened

½ cup mayonnaise

¼ cup sour cream

2 tablespoons all purpose flour

1.5 teaspoons garlic powder

2 teaspoons Worcestershire sauce

1 tablespoon apple juice

¼ cup chopped green onion

12 ounce crabmeat

Preheat oven to 350 degrees. Combine first six ingredients in a bowl, using a hand mixer to create a creamy mixture. Add apple juice. Fold in green onion and crabmeat. Coat a 1-quart baking dish with non-stick spray. Spread the crab mixture into prepared baking dish. Bake for 30-35 minutes or until bubbly and browned. Serve with crackers, veggies or crusty bread. Yields: 3 cups

Note: have top dip with breadcrumbs and bake as usual. To brown up breadcrumbs, spray with a non-stick spray and put under the broiler for about 5 minutes...