

## Crab and Cheese Dip

Serving Size : 8

Prep Time: 5 minutes or less

Total Time: 0 minutes

### Ingredients

- 4 ounces yogurt, plain, non-fat
- 2 tablespoons mayonnaise, low-fat
- 8 ounces cream cheese, fat-free
- 1 teaspoon horseradish sauce
- 1/2 teaspoon mustard, any flavor
- 1/2 teaspoon Worcestershire sauce
- 1/4 teaspoon hot pepper sauce
- 8 ounces crab, imitation
- 4 ounces cheddar cheese, low-fat

### Preparation

- Combine all ingredients except cheese and crab; mix well.
- Flake the crab meat; stir in crab and cheese.
- Cover and chill until ready to serve.
- Serve with whole wheat crackers, baked pita chips, or raw vegetables.

***Nutrition Information:*** Per Serving: Cal. 110; Total Fat 3 g; Saturated Fat 1 g; Total Carbs 7g; Fiber 8 g; Protein 12 g

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