
Blue Cheese Dip

Debby

Servings: 8

Preparation Time: 10 minutes

Most delicious blue chees dip recipe ever!

8.5 This is great.

5 ounces blue cheese, crumbled

1 1/4 cups sour cream, up to 1/2 cup

2 teaspoons garlic, minced

1/2 teaspoon dry mustard

1/2 teaspoon pepper, coarse ground

Stir sour cream, garlic, dry mustard and black pepper together in a small bowl.

Crumble blue cheese into bowl, and mix well. Refrigerate for at least an hour before using.

Serving Ideas: serve with buffalo wings, as a veggy dip, alone on cracker

Per Serving (excluding unknown items): 141 Calories; 13g Fat (79.6% calories from fat); 5g Protein; 2g Carbohydrate; trace Dietary Fiber; 29mg Cholesterol; 267mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 2 Fat.