Dip:

6oz claw crab meat  
1 lemon  
10 oz Roasted Garlic Hummus  
10 oz Chive and Onion Cream Cheese  
5 oz Regular Cream Cheese  
14 oz Artichoke   
6 oz Fresh Spinach   
1 C Parmesan  
1/2 TBS Horseradish Mustard  
1/4 tsp Pepper  
1/8 tsp Salt  
  
Flat Bread:

3 oz Sundried Tomatoes  
1 C Warm Water   
2 Cloves Garlic  
1 1/2 tsp Bread Machine Yeast   
1 1/2 C Flour  
1/2 tsp Salt

Add all your ingredients into a crockpot. Put on high and let it cook with the lid on, stirring occasionally, for one hour. Take the lid off and let it simmer for another hour, again stirring occasionally.

This is the perfect time to make your flatbread (if you are craving a made from scratch treat). Start by adding your sundried tomatoes, garlic, and water into a kitchen aid. Top with flour and make a well in the center for the yeast. Sprinkle in salt and combine on speed 4 for 10 minutes.

Then let the dough rest for ten minutes. It did just get pummeled so I can understand the need for a bit of a rest.

Roll the dough out into a cylinder, and cut it into 11 pieces. Form them into balls, admire them, and set aside.  
Next coat them in flour, and roll them out until they are a 1/8 of an inch thick. Separate them with wax paper, and set aside.

Set a sauté pan on high and place each flatbread into the pan, without oil, until they begin to bubble. Flip them and let them cook for another 10-20 seconds before you pull them from the pan. Serve alongside of your dip, or put dip onto flatbread and garnish with pepper and red onions.