Fabulous French Onion Dip

Source: Dustin Harder of DustinHarder.com

About the Recipe

122 Calories · 5 g Protein · 2 g Fiber
Appetizers

Ingredients

Makes 6 Servings

- 3/4 cup raw unsalted sunflower seeds, soaked in water for 2 hours, drained and rinsed
- 1/4 cup low-sodium canned great northern beans or 1/4 cup cooked great northern beans, drained and rinsed
- 1/2 cup plus 2 tablespoons water
- Juice of 1 lemon
- 2 teaspoons apple cider vinegar
- 1 1/2 teaspoons garlic powder
- 1 teaspoon onion powder
- 3/4 teaspoon sea salt
- 1 tablespoon minced dried onion
- 1 teaspoon dried parsley
- 1/4 teaspoon ground black pepper

Directions

1. Add the sunflower seeds, beans, water, lemon juice, apple cider vinegar, garlic powder, onion powder, and salt to a blender. Start on low and slowly increase the speed. Stop and scrape the sides down as needed. Blend until smooth and creamy; the mixture should be somewhat thick.
2. Transfer mixture to a bowl and add the minced onion, parsley, and pepper and mix to combine. Refrigerate for 3 hours or overnight.

3. Serve with chips or crudites.

Nutrition Facts

Per serving:
Calories: 122
Fat: 9 g
    Saturated Fat: 1 g
    % Calories From Fat: 62%
Cholesterol: 0 mg
Protein: 5 g
Carbohydrate: 7 g
Sugar: 1 g
Fiber: 2 g
Sodium: 297 mg
Calcium: 28 mg
Iron: 1 mg
Vitamin C: 4 mg
Beta-Carotene: 7 mcg
Vitamin E: 6 mg