

# Fabulous French Onion Dip

Source: Dustin Harder of [DustinHarder.com](http://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