

Fabulous French Onion Dip

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