

Unforgettable French Onion Dip

Ingredients

- ▶ 1 cup cashews, soaked in water for 2-3 hours
- ▶ 1 cup cooked or canned baby or cannellini beans, drained and rinsed
- ▶ 2 tablespoons freshly squeezed lemon juice
- ▶ 1 tablespoon apple cider vinegar
- ▶ 1/4 cup dehydrated minced onion
- ▶ 1 1/4 teaspoon onion powder
- ▶ 2 teaspoons nutritional yeast
- ▶ 1 teaspoon salt
- ▶ 1/2-3/4 cup water

Procedure

1. Drain the cashews and discard the soaking liquid.
2. Add all of the ingredients to a high speed blender.
3. Blend with patience while adding water as needed to reach a dip-like texture
4. Transfer to a serving bowl and garnish with roasted onions, fresh herbs or cashews.

