

# French Onion Veggie Dip

Makes 2.5 cups

## What you'll need...

1 cup	cashews, soaked 4-6 hours
$\frac{3}{4}$ cup	cold water
3 tbsp	dried onion flakes
1 tbsp	apple cider vinegar
1 tbsp	nutritional yeast flakes
2 tsp	organic vegetable bouillon powder (or 1 cube)
1 tsp	garlic powder
$\frac{1}{2}$ tsp	maple syrup
$\frac{1}{2}$ cup	vegan organic mayonnaise

## What to do...

1. Soak cashews in water for at least 4 hours; drain and rinse.
2. In high-speed blender or food processor, blitz together soaked sunflower seeds and cold water until smooth. Add remaining ingredients and mix just until combined.
3. Chill at least 1-2 hours before serving.