

Vegan Onion Dip

from Kari Eats Plants <https://youtu.be/f43BoGoAmxo>

Ingredients:

2 large onions sliced

1/4 cup cashews

1/4 cup to 1/2 cup water

1 (15oz) can hearts of palm

1 lemon juiced

2 Tbsp nutritional yeast

Salt and Pepper to taste

Optional chives or scallions chopped to finish

Instructions:

Caramelize onions over medium heat until brown. Add browned onions and all remaining ingredients (except chives or scallions) to a blender and blend until smooth. Add optional chopped chives or scallions. Chill and eat.