

# High Protein French Onion Dip

SERVED WITH WHEAT THINS SNACKS

---

## Ingredients:

**Serves 10**

- 2 tbsp butter
- 2 1/2 cups diced yellow onions
- 3/4 tsp salt
- 1/2 tsp black pepper
- 1/2 tsp onion powder
- 4 oz neufachel cheese
- 1/4 cup olive oil based mayonnaise
- 1/2 cup sour cream cottage cheese
- WHEAT THINS Snacks

## Directions

1. Melt the butter in a fry pan over medium heat.
2. Add the onions, salt, pepper, onion powder. Cook for 5 minutes, stirring. Then reduce the heat to medium low and cook for 20 to 25 minutes, stirring occasionally. The onions should be sweet and golden. Remove from stove and allow to cool.
3. Place the cream cheese, cottage cheese mayo and most of the onions (reserve a few to stir in at the end) in a blender and combine until smooth.
4. Add in the rest of caramelised onions. Mix until just combined with spoon.
5. Serve with WHEAT THINS Snacks!

---

MADE WITH LOVE

---

by Teresa Forchard