

## Good for you dip

¾ cup	raw* cashews (I to use cashew pieces...cheaper)
¼ cup	raw* sunflower seeds
1 cup	water
½ tsp	salt
1 tsp	onion powder
1/8 tsp	garlic powder
¼ cup	lemon juice



**Directions:** Place all ingredients in blender & blend until very creamy. Chill and serve, great with fresh veggies

\*raw is unroasted, unsalted

---