

# Creamy Onion Dressing

Gluten free, grain free, no refined sugar

Yield 2 cups

## Ingredients

$\frac{3}{4}$  cup onion (chopped small)

1 tablespoon olive oil or butter

$\frac{1}{4}$  teaspoon salt

2 medium size garlic cloves

1 teaspoon dry mustard

1  $\frac{1}{2}$  tablespoons [raw honey](#)

$\frac{1}{4}$  cup [extra virgin cold pressed olive oil](#)

3 tablespoons [raw apple cider vinegar](#)

$\frac{3}{4}$  teaspoon salt

$\frac{1}{4}$  teaspoon pepper

$\frac{1}{2}$  cup full fat sour cream (grassfed)

$\frac{1}{4}$  cup full fat plain yogurt (grassfed)

## Method

Heat a small sauté pan on low/med heat and add the 1 tablespoon of oil or butter, add the chopped onions and salt. Place a lid over the onions until they have softened ( should take about 5-8 minutes) Remove the lid and sauté the onions until they have lightly browned. Allow to cool and set aside.

Add the remainder of the ingredients to a large mason jar and use a hand blender or use a Vitamix. Once everything is well combined, add the cooled onions and blend until creamy. Adjust seasoning if needed with salt and pepper and Voila!

Honey and Vanilla

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