

Caramelized Onion Dip

THM-Friendly: S

- 4 medium onions (I prefer sweet) cut into rings (or chopped, if you prefer)
- 2 Tbsp. coconut oil
- 2 Tbsp. butter
- 2 tsp. allulose
- 1 tsp. blackstrap molasses

- 8 oz. light cream cheese, softened
- 8 oz. sour cream
- 1 tsp. onion powder
- 1/2 tsp. mineral salt
- 1/2 tsp. pepper
- 1/2 tsp. garlic powder
- 2 tsp. Worcestershire sauce
- 1/4 cup fresh chives (2 Tbsp. if you only have dried)



In a large skillet, heat the coconut oil and butter over medium to low heat until melted. Add the onion rings to the pan and stir until the onions begin to tenderize. Sprinkle the onions with allulose and drizzle with molasses. Cook low and slow, stirring occasionally, for 30-40 minutes until they are a rich brown color.

In a separate bowl, mix the softened cream cheese and sour cream until smooth. Add the onion powder, garlic powder, chives, Worcestershire sauce, salt and pepper. Once they are all combined, stir in the onions and serve!

Serve with veggies or on-plan crackers.

enJOY!

