

Yummy creamy dip-GF, SF, CF, VEG

Comments:

Yogurt from sheep may be tolerated by the lactose intolerant. It contains 50% more protein and calcium than cow's milk. It contains probiotics which protect the intestinal tract and boost the immune system. It contains B vitamins and zinc.

Ingredients:

6 oz plain sheep milk yogurt
1 large sweet onion
4 sprigs fresh thyme or 2 tsp dried thyme
Himalayan sea salt
1 tbs extra virgin olive oil plus extra for drizzling

Directions:

Heat olive oil in a wide skillet on medium heat.
Add chopped onion and sauté – allow onions to caramelize and turn golden but do not burn. (about 8-10 minutes).
Add chopped fresh or dried thyme into onion mixture.
Stir onions frequently, reduce heat to low and cook slowly for twenty minutes.
Remove onion mix from pan and let cool.
In a separate bowl combine yogurt, salt, and onion mixture.
Top with a dash of extra virgin olive oil.
Serve as a dip for assorted vegetables, as a spread on a veggie burger, or as a creamy topping for brown rice.

Submitted by: Kaela 08/09