

## SUNFLOWER SOUR CREAM

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**Approx. 16 - 1 oz. servings**

**INGREDIENTS:**

1 cup water  
1 cup sunflower seeds  
1 tsp. salt  
1 tsp onion powder  
1-2 cloves garlic  
1/3 cup lemon juice

**DIRECTIONS:**

Place garlic in blender to chop. Add remaining ingredients and blend on high until smooth.