

Cauliflower Hummus

Roast cauliflower with olive oil, garlic, and 1-2 tbs spice blend (450 for 40 minutes)

Let it cool and then put in food processor with the rest of the ingredients. The cauliflower should be moist enough to make it smooth but you can also add stock or water as needed.

This Hummus pairs well with chicken and makes a killer salad topping. Enjoy!

Here is yet another fantastic use for that low-cal power-packed veggie: CAULIFLOWER!