

 Prep: 10 minutes Cook: 40 minutes 8 servings

Appetizers

Healthy

Indian

Snacks

Cauliflower Hummus

Ingredients

for 8 servings

1 medium cauliflower
1/3 cup tahini
2 tsp cumin
1 tbsp olive oil
1 tsp salt
1/2 tsp paprika
2 garlic cloves crushed

Conversion: *No conversion*

Steps

- 1.** Preheat oven to 355°F
- 2.** Remove florets from cauliflower
- 3.** Place cauliflower on a baking tray and cover with cumin. Bake 30 minutes or until most of the water has left the cauliflower.
- 4.** Remove and place on a blender or food processor. Blend until chunky. Add remaining ingredients and blend again until smooth.
- 5.** Serve in a small bowl with veggies or keto chips.