



## Roasted Cauliflower Hummus

Serves 10

### Ingredients:

- 5 cups cauliflower florets (about 1 large cauliflower)
- 1 Tbsp. olive oil or avocado oil
- ¼ cup tahini (sesame seed paste)
- 1 fresh lemon, juiced (about 2 Tbsp.)
- ¼ cup olive oil or avocado oil
- 1 tsp. garlic powder
- 2 Tbsp. water
- sea salt and cracked black pepper

### Directions:

1. Preheat the oven to 425° F.
2. Place the cauliflower florets on a baking sheet and drizzle with oil. Roast for 20-25 minutes until the cauliflower is browned and tender. After the cauliflower is roasted, let it cool.
3. In a food processor (working in batches if needed) add the roasted cauliflower, tahini, lemon juice, oil, and garlic powder. Adding water throughout blending and blend until smooth.  
If needed, add additional water (one teaspoon at a time) to help smooth the texture.
4. Season with sea salt and cracked black pepper.

### *Serving suggestions:*

*Serve with sliced vegetables, roasted vegetables, or your favorite whole grain tortilla chips.*