

🧄 Garlic Cauliflower Hummus 🧄

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I'll be in the kitchen all day today, so I whipped up this Garlic Cauliflower Hummus last night to give me something healthy to snack on while I cook! When I first started making this recipe, it was always for the beach, but now it's become one of those things that we constantly have to have in the fridge! It has just the right amount of kick from the garlic, and the consistency of the tahini makes everything feel very smooth and creamy! I've also included the option to add a small russet potato in addition to the Cauliflower! It makes the hummus a bit heartier and feel more like a meal than a snack, but it's totally up to you!

My boyfriend Jimmy likes his with Cassava Strips or Grain Free Tortilla Chips, but if you're looking for an even healthier option, carrots are always my go-to 🥕 This hummus can be stored in the fridge for 5-7 days and is a great healthy snack option to have on hand! It's also Whole30 Friendly, Paleo, Gluten Free, & Vegan!

INGREDIENTS:

- 1 large Head of Cauliflower, chopped into florets
- 2 Cloves of Garlic, whole
- 1 Tbsp Lemon Juice
- 1 Tbsp Olive Oil
- 1/4 Cup Tahini
- 1/2 tsp Cumin
- 1/2 tsp Smoked Paprika
- 1/2 tsp Salt
- Optional: 1 Small Russet Potato, peeled and cut into large chunks. I added this as I prefer my hummus a little thicker and heartier!

INSTRUCTIONS:

1. Preheat oven to 375° and line a baking sheet with parchment paper. While your oven is preheating, add the Cauliflower (and potato if using one) to a large bowl, and coat in 1 Tbsp of Olive Oil. Transfer to baking sheet to oven and roast until Cauliflower is tender and slightly browned (about 25-35 minutes), flipping halfway through.
2. Once Cauliflower is cooked, add all of your ingredients to a food processor and blend for 2 minutes, scraping the sides of your blender with a rubber spatula after 1 minute. Transfer to a bowl and top with additional smoked paprika & garlic. Chill in the fridge until cold and Serve with Paleo chips or your favorite veggies! Enjoy!

MAKES 4 SERVINGS

