

## Roasted Cauliflower Hummus

**Serves 1.5 cups**

drizzle of olive oil  
2 garlic cloves  
1 head cauliflower (I used purple, any kind will work!)  
1 lemon juiced  
1 – 2 Tbsp olive oil  
pepper (to taste)  
1/2 tsp salt  
1/2 tsp salt  
2 Tbsp tahini  
1 – 2 Tbsp water



### Directions

- Preheat oven to 425°F (220°C).
- Cut cauliflower head into similar-sized florets. (This is important so they roast at the same rate!)
- Transfer cauliflower to a baking sheet lined with parchment. Drizzle florets in olive oil and sprinkle on salt and pepper.
- Roast for 20-25 minutes.
- Blend roasted florets in a food processor with olive oil, tahini, salt, garlic, and lemon juice until smooth. Season to taste and add water for consistency.
- Top with parsley and paprika if desired. Serve with pita bread and veggies for dipping!
- Lasts 4-5 days in the fridge.

**Video:** <https://www.youtube.com/watch?v=RCFkhvEeS1k>

**Credit:** <https://mindovermunch.com>