



Your true path to wellness.

Roasted Cauliflower Hummus

1 head cauliflower, florettes separated and roasted in 1 tbsp olive oil (350 F 20 min or until soft)

2 - 3 tbsp olive oil

1/4 cup tahini

2 tbsp water or more for desired consistency

juice from 1 lemon

1 garlic clove

1/4 tsp salt

1/4 tsp ground cumin

Place all in a food processor and blend until very creamy.

Top with fresh parsley and or seeds such as sesame, sunflower or pumpkin. Drizzle a little extra olive oil on top, if desired.