



NO OIL, GLUTEN FREE, VEGAN CAULIFLOWER HUMMUS

I love that this hummus is just cauliflower - no chickpeas. No soaking or prep work required! Inspired by my favorite dish at The Little Beet Table, (a veggie-forward, entirely gluten free restaurant in NYC and Chicago), they roast the cauliflower until it's super golden brown and tasty. While I roasted mine as well, you could steam it for a faster cook time and to maintain some of the healthy enzymes that comes from raw or quickly steamed foods.

- 1 medium head of cauliflower, chopped into florets
 - ¼ cup of tahini
 - 2 cloves of garlic
 - 2 tablespoons lemon juice
 - salt and pepper to taste
 - optional - add some cayenne or curry powder - the cauliflower makes a great base
- 50 minutes, makes about 1 ¼ cup

Pre-heat the oven to 450 degrees. Place cauliflower florets in an oven-proof dish. Cook for 40 minutes or until golden brown to your liking.

Add roasted cauliflower, tahini, garlic, lemon juice and salt & pepper to a blender. You can add a splash of coconut aminos or water if you need to get the blender going.

Serve room temperature with fresh veggies, pita or use as a spread on sandwiches.