

Cauliflower Hummus

Recipe by Joy McCarthy from Joyous Health

Ingredients:

- 1 medium cauliflower
- 1 tbsp extra-virgin olive oil (for roasting cauliflower)
- Pinch sea salt
- 1-2 garlic cloves
- 1/4 cup tahini (sesame seed paste)
- Juice from 1 lemon
- 1/4 - 1/3 cup extra-virgin olive oil
- 2 tbsp water
- Fresh parsley for garnish
- Optional: 1 tsp curry powder

Instructions:

1. Preheat oven to 350F degrees. Cover baking sheet with parchment paper.
2. Chop cauliflower and spread evenly on baking sheet. Drizzle with extra-virgin olive oil and sprinkle with sea salt. Sprinkle with curry powder if using.
3. Bake for 30-35 minutes or until tender. A little bit of browning is fine, but be careful not to burn the cauliflower. If it's burning, turn down your oven and cook for longer.
4. Let cauliflower slightly cool and then transfer to a food processor blender. Add garlic, tahini, lemon juice, extra-virgin olive oil and blend. If you want a thinner/smooth consistency, add water.
5. Just before serving, drizzle with some extra-virgin olive oil and garnish with fresh parsley.