

Low-Carb Cauliflower Hummus



Makes 1- $\frac{1}{2}$ cups

Ingredients:

- 3 cups raw cauliflower florets
- 2 tablespoons water
- 2 tablespoons avocado or olive oil
- $\frac{1}{2}$ teaspoon salt
- 3 whole garlic cloves
- 1- $\frac{1}{2}$ tablespoons tahini paste
- 3 tablespoons lemon juice
- 2 raw garlic cloves, crushed (in addition to above)

- 3 tablespoons extra virgin olive oil
- $\frac{3}{4}$ teaspoon kosher salt
- smoked paprika and extra olive oil for serving

Instructions:

1. Combine the cauliflower, water, 2 tablespoons avocado or olive oil, $\frac{1}{2}$ teaspoon kosher salt, and 3 whole garlic cloves to a microwave safe dish. Microwave for about 15 minutes, or until softened and darkened in color.
2. Put the cauliflower mixture into a blender or food processor and blend. Add the tahini paste, lemon juice, 2 raw garlic cloves, 3 tablespoons olive oil, and $\frac{3}{4}$ teaspoon kosher salt. Blend until mostly smooth. Taste and adjust seasoning as necessary.
3. To serve, place the hummus in a bowl and drizzle with extra virgin olive oil and a sprinkle of paprika. Serve with thinly sliced tart apples, celery sticks, raw radish chips, or other veggies.

Nutrition per $\frac{1}{4}$ cup: Calories 141; Total Fat 13.5 g; Saturated Fat 1.8 g; Monounsaturated Fat 8.9 g; Polyunsaturated Fat 2.2 g; Total Carbohydrates 4.7 g; Dietary Fiber 1.5 g; Sugar Alcohols 0.0 g; Sugars 1.2 g; Protein 1.9 g; Sodium 514 mg