

Creamy Cauliflower Hummus

Serves 2

Ingredients

- 2 cups of steamed cauliflower
- 1 tablespoon of almond butter
- 2 cloves of garlic
- 3 tablespoons of olive oil
- the juice of 1 lemon
- sea salt + black pepper
- 1 teaspoon of ground cumin
- 2 teaspoons of tahini (ground sesame seeds and olive oil)

Preparation

Put all of the ingredients in a food processor or blender and process until smooth. Place in a little bowl or serving dish. Sprinkle with paprika if you like.