

# Cauliflower Hummus



Ready in 10 minutes + prep

Makes party-sized batch

## Ingredients

- 0.5 oz Cauliflower Crystals (½ cup)
- 2 cups soaked, sprouted and pressure-cooked chickpeas
- ¼ cup tahini
- ¼ cup olive oil + more for drizzle
- ½ lemon, juiced
- Mineral salt to taste (couple pinches)
- Pinch of cumin
- Water, as needed

## Preparation

1. Blend everything together, adding water as needed to make a smooth, beautiful hummus.
2. Serve with a drizzle of olive oil and favorite dipping veggies.