

# Cauliflower Hummus

## Ingredients:

¼ head cauliflower, cut into bite size pieces

4 cloves garlic

1/3 cup olive oil

1 tin chickpeas rinsed and drained

½ tea spoon salt

1 tea spoon cumin

Juice of 1 lemon

2 table spoons tahini

## What to do:

- 1) Steam cauliflower in the microwave for 3 mins at a time until very tender.
- 2) Add peeled. Chopped garlic to steamed cauliflower and set aside to cool.
- 3) Measure remaining ingredients into a blender and add cauliflower.
- 4) Blend ingredients until smooth.
- 5) Taste and season hummus and serve in small bowls drizzled with a little olive oil.