

MEDITERRANEAN DIP

INGREDIENTS

Hummus

4 cups cauliflower florets, steamed
¼ cup extra virgin olive oil
juice of 1 lemon
sea salt and pepper to taste
zest of 1 lemon
2 tbsp tahini
pinch of ground cumin

Toppings

1 red bell pepper, diced
1 cucumber, diced
¼ cup green olives, diced
sea salt and pepper
1 green onion, thinly sliced
2 tbsp capers
dill and mint

PROCEDURE

Steam cauliflower.

In blender combine cauliflower, olive oil, tahini, lemon juice, and zest, and cumin and process until smooth.

Add salt and pepper then set in fridge for 30 minutes until cooled.

Chop all veggies.

Pour hummus into a bowl top with bell pepper, cucumber, olives, capers, dill, and mint.