

This incredible cauliflower hummus recipe is low in fat, tastes great and is a great way to get a ton of veggies in during your day! You'll be amazed at how something so healthy could taste so good!



Ingredients:

- 1, 16oz. bag of frozen cauliflower, steamed until tender (or you can use fresh if you prefer)
- 2 Tablespoons of Walden Farms Peanut Butter
- 2-6 cloves of garlic (to taste)
- 1 teaspoon red pepper flakes or Sriacha hot sauce (add more if you like it spicy!)
- 3 Tablespoons extra virgin olive oil
- 1/4 - 1/2 teaspoon cumin (to taste)
- Juice from half a lemon
- Pinches of paprika and parsley to garnish

Directions:

Put all ingredients (except paprika and parsley), in a food processor and blend till desired consistency is reached. Taste the mixture and then add more garlic, salt or red pepper flakes to your liking. Garnish with paprika and parsley.

Serve with chips, or Ideal Protein Garlic & Herb Chips. This treat even goes great with cucumber, celery or red pepper slices if you're looking for a veggie alternative to chips!