

# CAULIFLOWER HUMMUS

## INGREDIENTS

- 2 cups of Cauliflower
- 1 cup of Fat Free Chicken Stock
- Half a Lemon's Juice
- 1 tsp. Za'atar spice blend
- 1 Tbsp. Roasted Garlic (or raw)
- Salt and Pepper to taste
- 1 pinch of Rosemary
- 2 tsp. Olive Oil

## PREPARATION

1. In a pan, boil 1/2 cup of the chicken stock with the cauliflower. Bring to a boil.
2. Once boiling, reduce to a simmer, cover until cauliflower is tender.
3. Drain the chicken stock and let it cool.
4. In a blender or food processor, add the cauliflower, lemon juice, olive oil, garlic, spices, salt and pepper to taste.
5. Slowly, add in just enough of the remaining chicken stock to allow the food processor or blender to move freely.
6. Blend or process until it's a very smooth puree. Taste and adjust spices if needed.
7. Serve with some Ideal Protein Garlic & Fine Herb Crisps and Enjoy!
8. Phase Approved: Phases 1-3, Servings: 1

