

Creamy Roasted Garlic Cauliflower Hummus

This creamy roasted garlic cauliflower hummus is a delightful twist on the classic recipe. Blending tender cauliflower with tahini and fresh lemon juice creates a refreshing dip that pairs perfectly with crisp veggies for a vibrant appetizer.


30 min

Total time

easy

Difficulty

150

kcal / serving

Ingredients

- 1 cup cauliflower florets
- 1 clove garlic, unpeeled
- 1 tablespoon tahini
- 1 tablespoon lemon juice
- 1 tablespoon olive oil
- Salt, to taste
- Pepper, to taste
- Optional: Paprika for garnish
- Veggies for serving (carrots, cucumber, bell peppers, etc.)

Steps

- 1 Preheat the oven to 400°F (200°C).
- 2 Place the cauliflower florets and unpeeled garlic clove on a baking sheet. Drizzle with olive oil and sprinkle with salt and pepper.
- 3 Roast in the oven for 20-25 minutes, or until the cauliflower is tender and slightly golden, and the garlic is soft.
- 4 Allow the roasted garlic to cool slightly, then squeeze the garlic out of its skin into a food processor.
- 5 Add the roasted cauliflower, tahini, lemon juice, and a pinch of salt and pepper to the food processor. Blend until smooth and creamy.
- 6 Taste and adjust seasoning as needed.
- 7 Serve the hummus in a bowl, drizzled with olive oil and sprinkled with paprika, alongside sliced veggies.