



cauliflower red pepper hummus

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| +1/2 cup roasted tahini | +1/2 tsp salt |
| +1/2 cup olive oil | +1/4 tsp pepper |
| +2 cloves of garlic | +1/4 tsp cayenne pepper |
| +2 15-oz cans of chickpeas (drained) | +3/4 cup water |
| +1/4 cup Milne MicroDried® Cauliflower Powder | +1/4 cup Milne MicroDried® Red Bell Pepper Fragments |
| +Juice of one lemon | +1/4 cup sundried tomatoes |
| +1 Tbsp honey | |

1) In a food processor, blend tahini, olive oil and garlic until smooth.

2) Add drained chickpeas, lemon juice, honey, salt, pepper, cayenne pepper, **Milne MicroDried® Cauliflower Powder** and water and blend until smooth. This may take 5-7 minutes or more depending on desired consistency.

3) Add the **Milne MicroDried® Red Bell Pepper Fragments** and sundried tomatoes and pulse until combined, about 20 seconds. If mixture is too thick, add water or olive oil in one tablespoon increments until desired consistency is reached.

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Milne MicroDried® Cauliflower Powder
Milne MicroDried® Red Bell Pepper Fragments

Makes approximately 3 cups of hummus

Optional garnish: Olive oil, olives, paprika, fresh herbs, toasted nuts, za'atar

Refrigerate in an airtight container for up to 7 days.

