

ROASTED RED PEPPER CAUMMUS

by Amber Gibson



300g Cauliflower, raw florettes
2 tsp (10g) Oil, Olive
1/4 tsp (1g) Ground Cumin
1/4 tsp (1g) Smoked Paprika
1/4 tsp (2g) Salt, Table
60g Roasted Red Peppers
1 1/2 tsp (8g) Oil, Olive
1 tsp (5g) Lemon Juice
1/4 tsp (1g) Garlic Powder
2 TBSP (30g) Speculoos Cookie Butter
1/2 tsp (2g) Sesame Oil

NUTRITION INFO

Servings: 7.5

Serving size: 2 TBSP

PER	SERV	RECIPE
PHE	44	330
PRO	1.1	8.6
EXCH	2.9	22

INSTRUCTIONS

Step 1: Turn oven on to 400 degrees. Line a baking sheet with foil and spray with nonstick spray. Set aside. Cut the florets in half. Toss with olive oil, cumin, and smoked paprika. Place on prepared baking sheet and place in preheated oven. Roast for 10 minutes then turn cauliflower over. Roast for another 10 minutes until the cauliflower can be easily pierced with a knife. Remove from oven and set aside.

Step 2: In the bowl of a food processor with an S blade, add the roasted cauliflower, roasted red peppers, olive oil, lemon juice, and garlic powder. Blend until well combined.

Step 3: In a small bowl, add the cookie butter and sesame oil. Gently mix until combined. Add to the "hummus" in the food processor. Pulse until well blended. Add salt and pepper to taste, pulse to combine. Serve topped with a little olive oil, chopped roasted peppers. I added a sprinkle of Tuscan seasoning for added flavor.

NOTES

If you have Cambrooke's Pea-not butter, you can use 2 tablespoons in place of the cookie butter mixture. May lower protein by 0.3g in whole recipe