

Ingredients

1 head of cauliflower
(about 4 cups)

¼ of a small onion,
chopped

1 shallot, chopped

2 cloves garlic,
minced

½ lemon, juiced

¼ cup no salt added
chicken stock

2 tsp olive oil

2 tsp apple cider
vinegar

1 ½ tsp cumin

Sea salt and pepper
to taste

1 bag IP Crisps or
Dorados

Cauliflower Hummus

Directions

1) Steam cauliflower.

2) Add all ingredients to food processor or blender and puree until smooth.

3) Serve with IP Crisps or Dorados.

