MIDDLE EASTERN · SNACK · SIDE

Roasted Cauliflower Hummus with Pine Nuts

25 min · Makes 6 × about ⅔ cup · 218 kcal a portion · Video 4:58 · Low Carb Love

Vegan · Paleo · Gluten-free ingredients

A chickpea-free hummus made from roasted cauliflower, tahini and olive oil: about 7 g of net carbs a serve, rich in vitamin C and vitamin K, and vegan.

Diet notes: Keto (6.9 g net carbs a serve); Low saturated fat (2.4 g, 9.9% of the energy).

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Ingredients

13 · MAKES 6 × ABOUT ⅔ CUP

- [ ] 1 large head of **cauliflower**, cut into florets (about 840 g)
- [ ] **Olive oil**: 4 tbsp olive oil or avocado oil (some for roasting, the rest blended in)
- [ ] ½ tsp **salt**
- [ ] **black pepper**
- [ ] 60 g **tahini**
- [ ] **Lemon juice**: juice of 1 lemon
- [ ] 2 **garlic** cloves
- [ ] ½ tsp **ground cumin**
- [ ] 3 tbsp **toasted pine nuts**
- [ ] 2–3 tbsp **water** to thin
- [ ] extra **pine nuts**, to serve (about 1 tbsp)
- [ ] chopped **parsley**, to serve
- [ ] a pinch of **paprika**, to serve

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Tree nuts, Sesame. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 200 °C and line a baking sheet with baking paper. 0:35
2. Spread the cauliflower florets on the tray, coat them lightly with some of the oil and season with a little of the salt and some pepper. Roast for 10–15 minutes until tender and starting to colour. 0:40
3. Tip the hot cauliflower into a high-powered blender or food processor with the lemon juice, tahini, toasted pine nuts, garlic, cumin and the rest of the salt. 1:53
4. Blend, drizzling in the remaining oil, then add water a spoonful at a time until silky and smooth. Taste and adjust the salt and lemon. 2:40
5. Spread in a bowl, swirl the top and finish with extra pine nuts, parsley and a pinch of paprika. Serve with cucumber or other raw vegetables; keeps up to a week in the fridge. 3:09

> **Tip** Frozen or pre-cut cauliflower works too, and a little almond milk can replace the water. Make a batch on Sunday and snack on it all week with cucumber, capsicum or celery sticks.

The method is a summary in our words — the video shows every step.

One portion (about ⅔ cup) gives you

1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
218 kcal	5.3 g	11 g	4.1 g	19 g	250 mg
910 kJ	11% of a day	6.9 g net · 3.1 g sugars	15% of a day	2.4 g saturated	11% of a day
		4% of a day		24% of a day	

Energy from net carbs 13% · protein 10% · fat 77% — fits keto: 6.9 g net carbs, 77% of the energy from fat

High in (20%+ of a day) Vitamin C 80% · Vitamin K 35% · Folate 24%

Source of (10–19%) Vitamin B6 17% · Vitamin E 13% · Zinc 12% · Potassium 11% · Iron 11% · Magnesium 11% · Omega-3 11%

Recipe and video: Low Carb Love (@LowCarbLove) on YouTube — youtube.com/watch?v=PEZ1BFTdPC8, published 19 October 2022. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/roasted-cauliflower-hummus-keto