

White bean, Cauliflower, and Hazelnut Dip

This dip pairs well with sliced vegetables. Canned beans make this even simpler to prepare (if you prepare your own, use 2 cups of cooked beans). Adapted from [The Better Brain Solution](#), pg.265

Prep Time: 10 to 15 minutes

Baking Time: 30 minutes

Serves: 6 (makes 3 cups)

Ingredients:

½ head cauliflower florets, cut into 1- inch pieces (about 2 cups)

2 tablespoons avocado oil

½ cup hazelnuts

4 medium garlic cloves, chopped

One 15- ounce can white beans, cooked, rinsed, and drained

2 tablespoons extra virgin olive oil

½ teaspoon sea salt

¼ cup low- sodium vegetable broth (or water)

Directions:

Preheat the oven to 375°F.

On a baking sheet, mix the cauliflower florets with the avocado oil. Bake for 20 minutes.

After 20 minutes, reduce the oven heat to 350°F.

Add the hazelnuts to an ovenproof dish and bake for 10 minutes.

At the same time, remove baking sheet with the cauliflower, stir in the garlic, and return to the oven for 10 minutes.

In a food processor, combine the roasted cauliflower, the hazelnuts, beans, olive oil, salt, and vegetable broth.

Blend until smooth. Serve warm, or refrigerate and serve chilled.

Enjoy!

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