



## Cauliflower, Chickpea & Turmeric Puree

2 servings

20 minutes

### Ingredients

1 head Cauliflower (small, cut into small florets)  
 1 tbsp Extra Virgin Olive Oil  
 1 tsp Turmeric  
 1/2 tsp Cumin  
 1/4 tsp Coriander  
 1/4 tsp Paprika  
 1 tbsp Lemon Juice  
 1/2 cup Chickpeas (cooked)  
 Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	210
Fat	9g
Carbs	28g
Fiber	10g
Sugar	8g
Protein	10g
Cholesterol	0mg
Sodium	93mg
Potassium	1056mg
Vitamin C	145mg
Calcium	95mg
Iron	4mg
Vitamin D	0IU
Folate	240µg
Vitamin B12	0µg
Magnesium	71mg
Zinc	2mg

### Directions

- 1 Steam the cauliflower florets for five to seven minutes, or until tender, and then let them cool slightly.
- 2 In a pan, heat the oil over medium heat. Add the turmeric, cumin, coriander, and paprika. Cook for one minute to bloom the spices, or until fragrant.
- 3 In a blender or food processor, combine the steamed cauliflower, bloomed spices, lemon juice, and chickpeas. Season with salt and pepper to taste.
- 4 Blend until smooth and creamy. Serve warm and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days or freeze individual portions for up to three months.

**Serving Size:** One serving is equal to approximately one cup.

**More Flavor:** Add fresh herbs and garlic and/or ground seeds like hemp, flax and chia.