



MEET

CAROL Cauliflower

Carol is filled with vitamin C that helps you have a healthy heart.

She also makes a creamy cauliflower spread, a perfect match for your bread.

Cauliflower Dip

Ingredients

- 420g cauliflower, broken into florets
- 150g chickpeas, cooked
- Tahini (1/2 toasted sesame seeds and 1 tbsp sunflower oil)
- 3 whole garlic cloves, skin on
- 1 tbsp lemon juice, freshly squeezed
- 1/4 tsp ground cumin
- 1/2 tbsp paprika
- 1/2 tbsp olive oil
- 8 tbsp water
- Salt and pepper to taste

Steps

1. Preheat oven to 180°C
2. In a large mixing bowl, combine cauliflower florets and garlic cloves with olive oil and paprika. Season with salt and pepper, mix well
3. On a tray with parchment paper, lay florets and garlic
4. Roast for 15-20 minutes, remove garlic from the oven. Remove skin and set aside
5. Continue to roast cauliflower for another 15 minutes
6. To make tahini, blend sesame seeds and sunflower oil
7. In a bigger blender, add roasted cauliflower, garlic, tahini, chickpeas, lemon juice, water and cumin
8. Blend until a smooth paste is formed
9. Enjoy as a dip with roasted cauliflower or corn chips!



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Watch **step-by-step**
video demonstration



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