



Hummus Roasted Broccoli & Cauliflower

4 servings

25 minutes

Ingredients

3 cups Broccoli (chopped into florets)
1 head Cauliflower (chopped into florets)
1 cup Hummus
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	206
Fat	12g
Saturated	2g
Polyunsaturated	6g
Monounsaturated	3g
Carbs	21g
Fiber	8g
Sugar	4g
Protein	10g

Directions

- 1 Preheat oven to 425°F (218°C) and line a baking pan with parchment paper.
- 2 In a large mixing bowl, toss broccoli and cauliflower florets with hummus until well coated. Transfer to baking pan and season with salt and pepper.
- 3 Bake for 25 minutes, flipping halfway. Let cool slightly before serving. Enjoy!

Notes

No Broccoli or Cauliflower, Use zucchini, brussels sprouts, peppers, kale, eggplant, fennel or squash instead.