

Creamy Cauliflower Buffalo Dip

Ingredients

- ½ cauliflower head (about 12 oz.)
- 1 medium-sized carrot
- ½ medium red onion
- 3 cloves garlic
- ½ cup cashew pieces
- ½ cup hot sauce (we used Frank's Red Hot)
- ¼ cup olive oil
- 2 tbsp. nutritional yeast
- Salt and pepper, to taste

Steps

1. Cut the cauliflower into bite sized pieces- you can use the stalk, but remove the leaves. Cut the carrots into similar sized chunks, and quarter the onion. Remove the skins from the garlic. Add the cauliflower, carrots, cashews, onion, and garlic to a saucepan, and cover with water. Bring to a boil, and cook until the carrots and cauliflower are easily pierced with a fork.
2. Drain the liquid, and add all the vegetables to a blender. Add the remaining ingredients (the hot sauce, olive oil, nutritional yeast, and salt and pepper), and blend until smooth and creamy. Let chill to room temperature, and serve with vegetables or chips.

