



Planted Purple Cauli-Flowers

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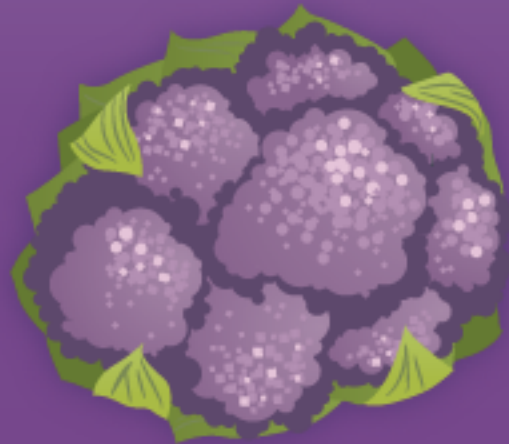
Yield: 4-6 servings

INGREDIENTS

Purple cauliflower florets -
as many as you need

BLACK BEAN DIP

2 cans black beans
1/4 cup plain, full-fat
yogurt
2 tbsp. fresh lime juice
2 tbsp. fresh cilantro
1/2 tsp. cumin
Sea salt and black pepper



METHOD

- Place black beans, yogurt, lime juice, cilantro, cumin, sea salt, and black pepper in a blender and blend until smooth.
- Transfer to a platter and stick the stems of the cauliflower florets in the dip, so it looks like planted purple flowers in mud!

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