Spooky Cauliflower Brain Dip

Ingredients

- 1 head of cauliflower
- 2 tbsp olive oil
- ¼ cup mayonnaise
- ¾ cup plain Greek yogurt
- 1/3 cup herb and garlic cream cheese
- 1/3 cup quark cheese
- Mrs. Dash to taste

Prep Time	Cook Time	Serves
15 minutes	0 minutes	50 individuals

Procedure

1. Boil cauliflower until soft and mash in a blender.
2. Combine mayonnaise, plain Greek yogurt, herb and garlic cream cheese, quark cheese, olive oil and Mrs. Dash in a separate bowl.
3. Combine cauliflower and contents of step 2 together.
4. Chill in fridge.
5. Serve cold.
6. Dip with a rice cracker and enjoy!

Haley Jenkins, Marissa Park, Rachael Powell, Heather Strother, Timothy Lamont