



Kidney-Friendly Cauliflower Buffalo Dip

Makes 12 servings

12 oz frozen bag of riced cauliflower

1 cup plain Greek yogurt

1 can garbanzo beans (chickpeas), rinsed and drained

¼ cup hot sauce

½ cup water

½ tbsp lemon juice

2 tbsp nutritional yeast

½ tsp onion powder

½ tsp garlic powder

Optional topping: chopped fresh green onion

Serve with raw carrots and celery for dipping!

Preheat oven to 375 °F.

Spray an 8 x 8 baking dish with non-stick cooking spray and set aside.

Prepare riced cauliflower per package instructions in the microwave.

Add cooked riced cauliflower, drained and rinsed can of chickpeas, hot sauce, Greek yogurt, water, garlic powder, onion powder, nutritional yeast, and lemon juice in a food processor and blend until creamy and combined.

Pour mixture into baking dish and cover with foil.

Bake for 20-25 minutes.

Top with diced green onion and serve with raw carrots and celery for dipping. Enjoy!

Nutrition Facts Per Serving 2 tbsp	Calories	60
	Carbohydrates	7 g
	Protein	5 g
	Total Fat	1 g
	Phosphorus	48 mg
	Potassium	152 mg
	Sodium	207 mg

The recipes contained here are for educational purposes to promote a healthy and kidney-friendly diet. They are not intended to be a substitute for medical advice from a medical provider. Nutritional information has been calculated using Cronometer; Somatus has not independently confirmed its accuracy. Depending on your stage of kidney disease, specific nutrients in your diet should be limited. If you are unsure which nutrients to limit, speak with your Somatus dietitian or a medical provider.