

Mashed Cauliflower

Source: The Nutrition Coach LLC

Serving: 1

Ingredients

1 head **cauliflower** *or 1 pound frozen florets*

1/8 - 1/4 cup **nut milk**

1 tablespoon **ghee butter**

1/2 teaspoon **sea salt**

Directions

Boil or steam cauliflower until fork tender (10-20 minutes). Drain thoroughly, squeezing out excess water with a kitchen towel. Place cauliflower, milk, ghee and salt in food processor and blend until smooth.

Note: For a drier texture, you can bake mashed cauliflower potatoes. Place blended cauliflower mixture into a baking dish. Bake at 350 degrees F until dish is bubbling hot.

Tip: You can also make the recipe with half potatoes to sneak in the cauliflower for picky eaters. Cook potatoes along with cauliflower and follow recipe.