



ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts
Low disaccharides

Prep time: 10 mins

Cook time: 30 mins

Serves: 2

CREAMY MASHED CAULIFLOWER



INGREDIENTS

1/2 head cauliflower (cut into florets)
1 clove garlic
1 tbsp olive oil
1 tbsp coconut cream (or milk)
1/2 tsp salt, pepper

METHOD

Place cauliflower florets into steamer, and steam until very tender.
Drain and allow to dry slightly.

Place cauliflower into food processor with garlic, olive oil and coconut cream/milk, salt and pepper, and blend until smooth.

Serve hot in place of mashed potato.