

Mashed Cauliflower

High in vitamins C, K, B6, potassium, and fiber, cauliflower is an excellent substitute mashed potatoes. Mashed cauliflower also has more flavor than mashed potatoes, is easier to prepare, and is much lower in calories than its starchy counterpart.

3 cups cauliflower florets
½ cup canned coconut milk (full fat)
2 tablespoons olive oil
1 teaspoon dried rosemary
½ clove fresh garlic or 1 teaspoon garlic powder
1 teaspoon salt
1 teaspoon black pepper

Steam cauliflower for 5-10 minutes, until tender

Blend steamed cauliflower, coconut milk, olive oil, rosemary, garlic, salt and pepper in food processor or Vitamix until smooth.

Enjoy!

Makes 6 servings

Approximately 80 calories per serving