

## Creamy Mashed Cauliflower

### Ingredients:

1 head cauliflower chopped  
1/2 tbsp. olive oil  
4 garlic cloves, peeled, whole  
1/8 tsp. sea salt

### Optional garnish:

Parsley, toasted pine nuts or pumpkin seeds

4 Servings

### Instructions:

1. Cut the larger florets in half or quarter so they're all about the same size
2. Bring a pot of water to boil. Once boiling, add the chopped cauliflower and garlic and cook for 10-15 minutes, or until fork tender.
3. Drain the cooked cauliflower well and add it to a food processor along with the garlic and olive oil. Blend until smooth.
4. Use reserved cooking water to adjust consistency. Season to taste with salt.
5. Transfer to serving bowl and garnish with parsley if desired.
6. Serve as a side with anything that you would usually serve with mashed potato!



### Nutrition Facts

4 servings per container  
Serving size 1 cup (215g)

Amount per serving  
**Calories** **70**  
% Daily Value\*

<b>Total Fat</b> 2.5g	<b>3%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 135mg	<b>6%</b>
<b>Total Carbohydrate</b> 11g	<b>4%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 4g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 4g	
Vitamin D 0mcg	<b>0%</b>
Calcium 52mg	<b>4%</b>
Iron 1mg	<b>6%</b>
Potassium 640mg	<b>15%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.