

Vegan Garlic Mashed Cauliflower

Ingredients:

- 1 large head cauliflower, cut into florets
- 4 cloves garlic, minced
- 2 tablespoons vegan butter or olive oil
- 1/4 cup unsweetened almond milk (or any non-dairy milk)
- 1/8 teaspoon sea salt
- Fresh chives, chopped, for garnish (optional)

Servings: 4



Instructions:

1. Steam or boil cauliflower florets until tender, about 10-12 minutes.
2. In a small saucepan, heat vegan butter or olive oil over medium heat. Add minced garlic and sauté for 1-2 minutes until fragrant.
3. Transfer steamed cauliflower to a food processor or blender. Add sautéed garlic with butter/oil, almond milk, salt, and pepper.
4. Blend until smooth and creamy, scraping down the sides as needed. Adjust consistency with more almond milk if desired.
5. Transfer mashed cauliflower to a serving dish. Garnish with fresh chopped chives if desired.

Nutrition Facts

4 servings per container
Serving size 1/2 cup (236g)

Amount per serving
Calories **120**

% Daily Value*

Total Fat 8g	10%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 135mg	6%
Total Carbohydrate 11g	4%
Dietary Fiber 4g	14%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 52mg	4%
Iron 2mg	10%
Potassium 643mg	15%

*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.