

RECIPE

Mashed Cauliflower



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Ingredients

- 1 medium head of cauliflower, cut into small florets
- 1 cup dairy-free milk (almond milk or macadamia nut milk work great - neutral tasting is best)
- 2 Tbs butter + more to taste
- ½ tsp salt (more to taste)
- Optional garnish: fresh parsley or chives, finely chopped

Preparation

1. Warm butter in a pan on medium-high heat, and add cauliflower and salt.
2. Saute until light brown.
3. Add DF milk and simmer for 10 min until it evaporates. Make sure all liquid is gone, then add to the food processor and puree until smooth.
4. Taste and add more butter and/or salt as needed. Garnish with optional herbs if desired.