

Cauliflower Mash

5 ingredients · 30 minutes · 4 servings



Directions

1. Place cauliflower florets in a large steamer basket on the stove. Cover, bring to a boil and steam for 10 to 15 minutes, or until very soft.
2. Transfer steamed cauliflower to a food processor or blender along with the garlic, butter, thyme, salt and pepper. Process until desired texture. (If you like a chunkier mash, you can use a hand masher for this step.)
3. Divide between plates and top with extra butter if desired. Enjoy!

Notes

More Carbs

Make with half cauliflower and half mashed potatoes.

Dairy-Free

Replace butter with olive oil.

Make it Cheesy

Add nutritional yeast or parmesan cheese to the mash (about 1 tbsp per serving).

Ingredients

- 1 head Cauliflower (large, sliced into florets)
- 2 Garlic (cloves, minced)
- 2 tbsps Butter
- 1 tbsp Thyme
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	91	Vitamin D	0IU
Fat	6g	Vitamin E	0mg
Carbs	8g	Thiamine	0.1mg
Fiber	3g	Riboflavin	0.1mg
Sugar	3g	Niacin	1mg
Protein	3g	Vitamin B6	0.3mg
Cholesterol	16mg	Folate	84µg
Sodium	46mg	Vitamin B12	0µg
Potassium	451mg	Phosphorous	70mg
Vitamin A	206IU	Magnesium	23mg
Vitamin C	72mg	Zinc	0mg
Calcium	39mg	Selenium	1µg
Iron	1mg		