

NOURISH

holistic health & nutrition

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Cauliflower Mash

Time: 20 minutes

Ingredients:

- 2 large head cauliflower, cut into small florets
- 2/3 stick grass-fed butter
- ¼ cup heavy cream
- 1-2 tsp Himalayan sea salt
- ¼ tsp ground white pepper
- Optional add ins: ½ cup shredded cheese of choice; chopped bacon; fresh chives, chopped.

Directions:

Place the cauliflower florets into a steam basket and cook over salted boiling water until really tender, about 8 to 10 minutes. Remove from heat and let cool slightly.

Squeeze as much water out of the cauliflower as you possibly can, then transfer it to the bowl of your food processor or blender. Blend until smooth and creamy. Add more cream if needed. Stir in cheese or other optional add in's. Stop to scramble the sides as needed.

Serve piping hot with butter.