



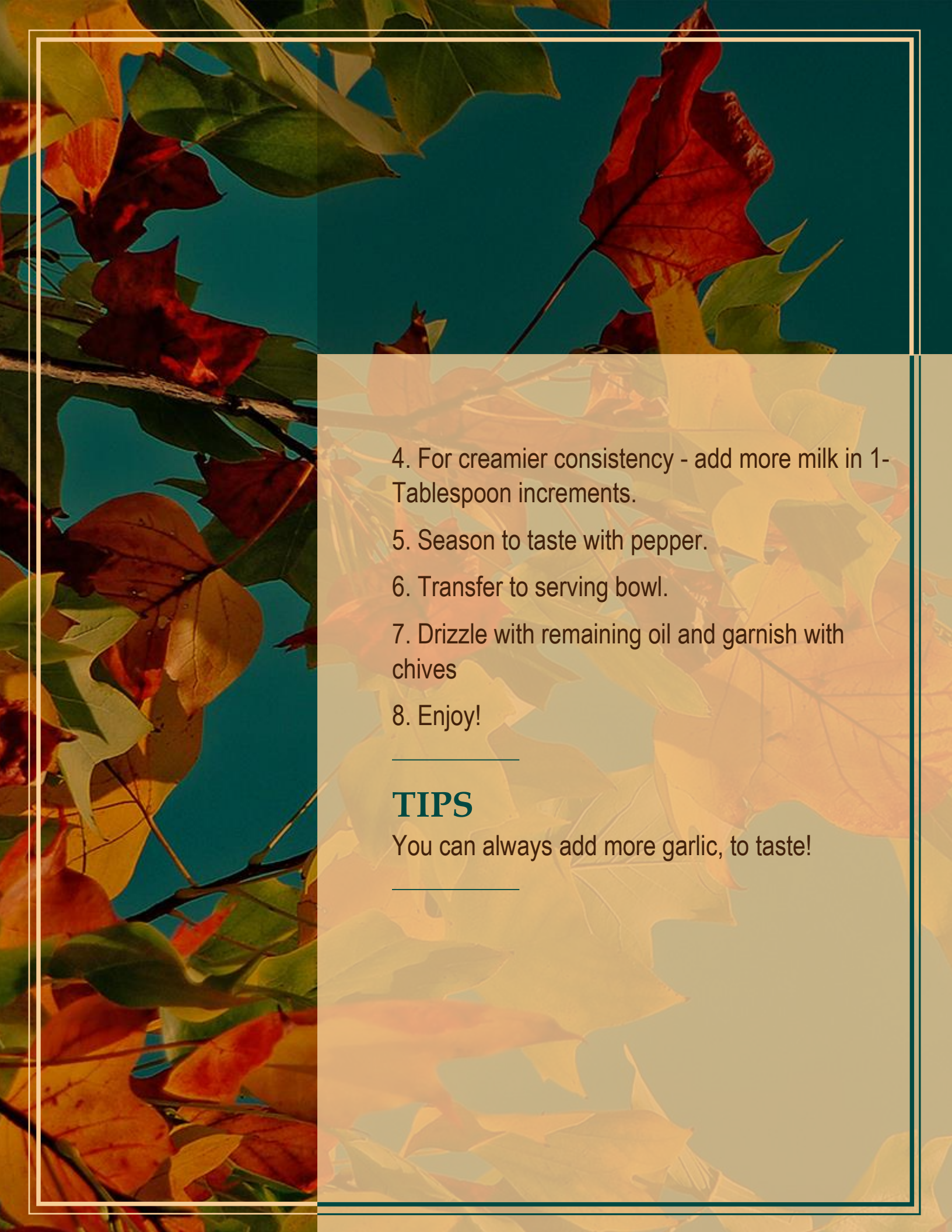
CAULIFLOWER MASHED POTATOES RECIPE

INGREDIENTS

- 1 medium cauliflower head
 - 4 green onions, sliced
 - 2-4 cloves garlic
 - 1/4-1/2 cup unsweetened plain almond milk
 - 4 teaspoon extra virgin olive oil, divided
 - Ground black pepper to taste
 - 1 Tbsp. chopped chives
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INSTRUCTIONS

1. Place cauliflower, onions and garlic in steamer basket and steam for 10-12 minutes or until very tender.
2. Place cooked cauliflower, onions and garlic in blender or food processor.
3. Add 1/4 cup almond milk and 2 teaspoons olive oil. Blend until desired consistency.

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4. For creamier consistency - add more milk in 1-Tablespoon increments.
 5. Season to taste with pepper.
 6. Transfer to serving bowl.
 7. Drizzle with remaining oil and garnish with chives
 8. Enjoy!

TIPS

You can always add more garlic, to taste!
