



# Mashed Cauliflower

SERVES: 4

COOK TIME: 15-20 MINUTES

PREP TIME: 10 MINUTES

## INGREDIENTS

1 medium head cauliflower (about 1  
1/2 lbs), cut into florets  
3 cloves garlic  
1/4 cup 2% milk  
1/3 cup grated parmesan

1 Tbsp butter  
1/2 tsp salt  
freshly ground pepper  
1/4 cup shredded parmesan

## DIRECTIONS

Bring a large pot of water to a boil. Add in cauliflower and whole garlic cloves. Boil until soft 15-20 minute. Drain and return to the pot.

Add in milk, grated parmesan, butter, salt and pepper. Using an immersion blender or traditional blender, blend until smooth.

Stir in the shredded parmesan cheese until it has melted.

Enjoy!

**Note:** This recipe is very easy to customize. You can add cinnamon, dried fruits, or any other combination.



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