

Mashed Cauliflower

Eat your vegetables and feel like you are cheating. Now before you click over this recipe you must try it- delicious!



Ingredients:

1 medium head cauliflower (one that looks like head of cabbage)-
2 tsp of grated parmesan cheese
1tsp olive oil
Dash cayenne pepper
1 whole clove garlic
¼ cup almond milk

Instructions

Place clove of garlic in aluminum foil and place in oven at 400 degrees to bake 5-10 minutes. Cut up head of cauliflower and steam or boil in small amount of water until slightly soft consistency. Drain cauliflower and place in high speed blender. Squeeze garlic from shell into blender. Add parmesan cheese and olive oil and almond milk. Blend until smooth. Place in a bowl and add cayenne pepper. Serves 3 to 4. Enjoy!

Nutrition Information per serving (3 servings):

Calories: 75
Protein: 4 grams
Fat: 5 grams
Carbohydrates: 10 grams
Fiber: 5 grams