



Garlic Mashed Cauliflower

SIDE

Ingredients

- 1 head cauliflower
- 6 TBSP apple cider vinegar or liquid aminos
- 2-3 cloves garlic
- Minced coarse ground sea salt, to taste

Directions

1. Add water to the bottom of a double pot and place over medium-high heat, cover and bring to a boil.
2. Cut the head of the cauliflower in half and remove the stem. Chop cauliflower into small pieces and add to the steamer basket (for me that is the top portion of the double pot). Alternatively, if you don't have a double pot and steamer basket you can add the cauliflower to a large pot, cover with water and bring to a boil.
3. Steam cauliflower for 15-20 minutes, or until soft.
4. Add cauliflower from the pot to a food processor. NOTE: Be sure to use oven mitts to hold the steamer basket and be careful of the steam while pouring into the food processor.
5. Process for a few seconds to chop then add apple cider vinegar or liquid aminos, garlic and a pinch of sea salt (if you'd like). Process until smooth and well combined. WARNING: This is garlic cauliflower mash and I love garlic so if you're not as big a fan or you haven't built up your garlic tolerance yet, you may want to add 1 clove or just use garlic powder instead.
6. Plate or transfer to a bowl and serve.

