**Mashed Cauliflower**

 › 1 head cauliflower › 1 tbsp coconut oil or olive oil or butter

 › Sea salt and pepper

 › 1 head cauliflower › 2 cloves garlic

 › 2 tbsp pastured butter › Sea salt and pepper

INGREDIENTS

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DIRECTIONS

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1. Place the cauliflower into a food processor and pulse until it has a grainy rice-like consistency. Season with sea salt and freshly ground black pepper. 2. Sauté the cauliflower in a pan with oil and add any additional seasonings desired (garlic, ginger, curry, etc) until warm and soft. Serve. \*If using olive oil, do not bring to a sizzle.

1. Chop up the head of cauliflower (florets and stem) and slice the garlic. Steam the cauliflower and garlic for about 10 minutes, or until the cauliflower is very tender. 2. Transfer the cauliflower and garlic to a food processor and add the butter. Process until smooth and creamy. May add some coconut milk and/or water. 3. Season to taste with salt and pepper and serve.