



## Cauliflower Mashers

**Active Time:** 20 minutes | **Total Time:** 20 minutes | **Serves:** 4

### Nutrition Information Per Serving

102 calories, 5.88 g carbohydrate, 2.57 g fiber, 3.31 g NET carbs, 2.34 g protein, 8.45 g fat

#### Ingredients

- 1 Tbsp organic, grass-fed salted butter
- 1/2 tsp(s) sea salt
- 4 cup(s) organic cauliflower florets
- 1/2 tsp(s) freshly ground black pepper
- 1/4 cup(s) organic heavy cream

#### Preparation

1. Steam the cauliflower until soft.
2. Puree in a food processor, or with an immersion blender, adding the butter and the cream.
3. Season with salt and pepper.

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