



"Superfat" Cauliflower Mashers (Dairy Free)

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

Nutrition Information Per Serving

233.2 calories, 7.4 g carbohydrate, 2.61 g fiber, 4.79 g NET carbs, 3.01 g protein, 23.16 g fat

Ingredients

- 1/2 tsp(s) freshly ground black pepper
- 4 cup(s) organic cauliflower florets
- 1/2 tsp(s) sea salt
- 3 clove(s) garlic, chopped
- 4 Tbsp(s) virgin coconut oil
- 3/4 cup(s) coconut milk

Preparation

1. Steam the cauliflower until soft. While cauliflower steams, saute the garlic in the coconut oil.
2. Add steamed cauliflower, garlic and oil and coconut milk to a food processor. Puree to a smooth consistency.
3. Season with salt and pepper.
4. Serve.

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