



Instant Pot Fauxtatoes

Active Time: 10 minutes | **Total Time:** 25 minutes | **Serves:** 4

Nutrition Information Per Serving

69.7 calories, 6.96 g carbohydrate, 2.57 g fiber, 4.39 g NET carbs, 3.02 g protein, 3.96 g fat

Ingredients

- 4 cup(s) organic cauliflower florets
- 1 cup water
- 1 Tbsp organic, grass-fed salted butter or ghee
- 1/2 tsp(s) sea salt
- 1/2 tsp(s) freshly ground black pepper
- 1/2 cup(s) organic buttermilk or coconut buttermilk*

Preparation

1. Place steamer basket in the bottom of the Instant Pot.
2. Add the water to the bottom of the pot and place the cauliflower on top.
3. Lock the lid and press "Manual"; Cook on HIGH for 3 minutes for a firm mash "fauxtatoes" or 5 minutes for a softer mash.
4. Quick release and open the lid when pressure has decreased.
5. Carefully lift the steamer basket to remove cauliflower from the excess water. Transfer to a bowl.
6. Add remaining ingredients and blend with an immersion blender. Taste to adjust seasoning to your liking.
7. *For Coconut Buttermilk, combine $\frac{1}{4}$ cup coconut milk with 2 tsp. organic apple cider vinegar.

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