



## Cauliflower-Celeriac Mashers

**Active Time:** 20 minutes | **Total Time:** 20 minutes | **Serves:** 6

### Nutrition Information Per Serving

212.8 calories, 7.35 g carbohydrate, 2.41 g fiber, 4.94 g NET carbs, 2.51 g protein, 20.3 g fat

#### Ingredients

- 8 Tbsp(s) organic, grass-fed butter, melted
- 1/2 tsp(s) sea salt
- 16 ounce(s) cauliflower florets
- 1/3 cup(s) organic heavy cream
- 1 small celeriac

#### Preparation

1. Cut off the top and bottom of the celeriac. Peel the entire root using a sharp paring knife. Dice into 1/2 inch cubes.
2. Add the celeriac to a pot and cover with water. Bring to a boil and cook until tender. Drain
3. Cut the cauliflower into florets. Microwave Method: Place cauliflower florets into a glass bowl. Add 2 tablespoons of water, cover with a glass lid, and cook at high power 5-8 minutes or until the cauliflower is tender and easily pierced with a fork. Alternately, steam over a pot of boiling water until tender. Drain cauliflower florets.
4. Add the cooked cauliflower and celeriac to a food processor. Pulse to break up the pieces. Add the heavy cream and melted butter and puree until smooth.
5. Season with salt and serve.

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