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## CAULIFLOWER MASHED FAUX-TATOES

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(Standard/Maintenance)

Mashed cauliflower is a great substitute for mashed potatoes. They have a similar look and feel, and the cauliflower taste is extremely mild. Don't be afraid to give this recipe a try if you haven't like cauliflower in the past. You may end up with a new favorite and a healthier alternative to high-glycemic potatoes.

Makes 3-4 servings, depending on the size of your cauliflower head. A serving equals one cup covering your vegetable and fat.



### INGREDIENTS

- 1 medium-large head cauliflower
- Pink Himalayan salt and ground pepper, to taste
- 4 Tbs. Kerry Gold butter
- 1 - 2 Tbs. heavy whipping cream
- Chopped chives for garnish
- 1/4 - 1/2 tsp. garlic powder (optional for added flavor)
- Fresh grated parmesan cheese (optional on maintenance plan)*



## **INSTRUCTIONS**

Break the cauliflower up into florets, cutting large florets in half to create consistency of the pieces. Steam until tender when pierced with a knife (approx. 20 minutes).

Place cauliflower and butter in a food processor, or use a hand mixer, and blend until smooth and creamy. Season with salt and pepper (and garlic powder, if desired) and add cream.

Sprinkle with chives and parmesan (if on maintenance plan).