



**GENESIS**  
*Health Solutions*  
WHERE HEALTH BEGINS

## LOADED GARLIC MASHED CAULIFLOWER

By Dr. Cindy Tanzar  
(Standard)

This recipe provides yet one more thing you can do with cauliflower! There are options with this dish, so you can use them all or pick and choose what you like. The roasted garlic option is from a recipe we shared a couple of weeks ago. It can elevate the flavor of many dishes. Once you get into maintenance, you can enjoy a shredded cheddar or parmesan cheese on top, as well. It's much friendlier than a potato on the waist line and full of flavor.

Makes 4-5 servings. One serving equals 1cup of cooked vegetable. If you crumble a slice of turkey bacon over it, consider it to be 1oz. of protein.



### INGREDIENTS

- 1 garlic bulb, outer loose leaves removed Avocado oil
- 1 large head of cauliflower, cut into florets (or 2 bags frozen cauliflower florets) See NOTES below\*
- 3 Tbsp Kerry Gold butter
- 1/4 cup organic heavy whipping cream or coconut cream
- 2 Tbsp nutritional yeast, optional (but very good) \*\*



Pink Himalayan salt & freshly-ground pepper, to taste  
4 slices uncured turkey bacon, no sugar (optional)  
3-4 scallions/green onions, thinly sliced

## INSTRUCTIONS

Preheat oven to 400°F. Cut a slice off the tapered end of the garlic bulb, exposing the individual cloves. Place it in a piece of foil and drizzle with 1tsp of avocado oil. Roast for 30-35 minutes and set aside to cool. (You can do several bulbs at once for use in other dishes, too.)

Steam (or you can microwave) the cauliflower florets until very soft (approx. 15-20 minutes). Drain, removing as much excess water as possible - even patting with paper towels.

If using the turkey bacon, pan fry the 4 slices in a Tbsp of avocado in a skillet over medium heat until lightly browned and crispy. Set aside to cool, then tear it into smaller pieces.

Place cauliflower into a food processor (or large bowl if using a hand mixer). The food processor will be creamier, but a mixer is good, as well. Pinch the closed end of the garlic bulb, allowing the cloves to squeeze out into the cauliflower. Add the butter, heavy cream, nutritional yeast, sea salt & pepper. Process or mix until smooth and creamy, scraping periodically to incorporate everything. Transfer to a bowl and top with scallions and turkey bacon. You can always sprinkle more nutritional yeast on top for more of a cheesy flavor.

### NOTES:

\* Fresh cauliflower seems to whip smoother than frozen for some reason. If you don't mind a chunkier texture, it's still great.

\*\*Nutritional Yeast can be found in the baking aisle with the other baking yeast. It is not an active yeast. It contains a lot of B-Vitamins, which give it the golden color and has a cheesy flavor you can use as a topping on many of your dishes. Use it freely!