

# Cauliflower “Mashed Potatoes” with Golden Garlic

2-4 servings

Gluten Free, Dairy Free, Vegan, Paleo

1 head cauliflower, cut into florets (about 8 cups)

2 Tb ghee or full flavored olive oil

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½ tsp Celtic sea salt plus a little for the garlic

6 cloves garlic, chopped

Pepper

- Steam the cauliflower until very tender about 10 minutes. Don't boil it, as it will be too soggy.
- Add the cooked cauliflower to a food processor along with 2 Tb of ghee or olive oil and salt. Process until smooth and creamy.
- While cauliflower is steaming, in a small sauté pan, heat 1 tablespoons of olive oil or ghee over very low heat and add the chopped garlic. Cook on low until golden, stirring frequently about 5 minutes. Sprinkle with salt.
- Taste cauliflower and add more ghee, olive oil or salt to taste.
- Serve on individual plates sprinkled with the golden garlic and fresh pepper.
- Store leftover cauliflower separate from any leftover garlic.