

CAULIFLOWER MASH

Ingredients:

- 2 cups cauliflower
- ¼ cup heavy whipping cream
- ¼ cup grated parmesan cheese
- ½ tsp. garlic powder
- Salt & Pepper, to taste

Instructions

- Steam cauliflower until soft. You can do this in the microwave with a few tablespoons of water in a microwave safe dish for 5-6 minutes.
- Once cauliflower is soft, drain any excess water from dish. Place steamed cauliflower in the blender and add the remaining ingredients.
- Blend until smooth. Place mash in a serving dish and garnish with green onions.

Makes 4 servings

Nutrition

97 calories, 7g fat, 4g protein, 5g carbs

Gluten-Free

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