

Please be advised that not all of the recipes are appropriate for all people.  
If you have specific dietary restrictions and are unsure if a recipe works for you, please contact us.

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## Mashed Garlic Cauliflower

### Ingredients:

- 2 large heads cauliflower
- 2 tbsp butter, coconut oil or smart balance butter spread
- 4 cloves garlic, chopped
- 2 tsp salt

### Directions:

- In a large pot with a tight-fitting lid, steam the cauliflower for 15 minutes in 2 inches of water.
- Transfer cauliflower to a food processor and puree in small batches, until incorporating all of the cauliflower.
- Add the butter, garlic, and salt, and continue processing until it reached a smooth, creamy texture.

### Option :

- Add grapeseed Veganaise to the mixture for added creamy texture, add fats to the total fat content accordingly.