

Cauliflower Mash Version 2.0

Ingredients:

1 head cauliflower
2 heaping tbsp. cream cheese
½ onion, diced
1 clove garlic, diced
salt and pepper

Method:

1. Core cauliflower
2. Steam until past al dente stage and soft to touch
3. Saute onion and garlic until aromatic and soft
4. Robo-coup together until mashed consistency and check for seasoning.