



Vegan Mashed Cauliflower

U.S.

1 small head	Cauliflower, rough chopped
1/4 tsp	Salt, Kosher
to taste	Black Pepper, ground
2 Tbsp	Almond or Rice Milk
2 Tbsp	Olive Oil

Metric

1 small head
1.5 g
to taste
30 mL
30 mL

Preparation:

1. Gather all ingredients and equipment.
2. Bring a pot of water to a boil. Once boiling, add the cauliflower. Cook until fork tender.
3. Drain the cauliflower and transfer to food processor or blender. Puree cauliflower.
4. Add the olive oil, milk, and seasonings and blend. If cauliflower is too thick, add milk in small amounts. Puree until it reaches a light and smooth consistency.
5. Serve hot and enjoy!

Nutrition Facts

Serving size	1/2 cup
Servings	4
Calories	100
Calories from Fat	60
Total Fat	7 g
Saturated Fat	1 g
Trans Fat	0 g
Monounsaturated Fat	5 g
Cholesterol	0 mg
Sodium	120 mg
Carbohydrates	8 g
Dietary Fiber	3 g
Sugars	3 g
Protein	3 g
Vitamin A	0 %
Calcium	2 %
Vitamin C	0 %
Iron	0 %
Phosphorus	1 mg
