

MASHED FAUX-TATOES



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Ingredients

Yield: 6

- 1 medium to large head cauliflower
- ½ c Best Life or Smart Balance butter
- ½ tsp sea salt
- ½ - 1 tbsp black pepper
- Dash of garlic salt

Directions

Steam cauliflower until tender. Blend all ingredients, in a food processor, until smooth and creamy.

Nutritional Information

Serving:	Calories	Fat	Protein	Carbohydrates	Sodium
½ cup	131	12	2	5	449 mg

Carbohydrates: 1/3