

Cauliflower Mash

This cauliflower mash is a low carb, keto friendly alternative to traditional mashed potatoes. This mashed cauliflower with garlic and herbs is easy to make and makes a great keto side dish to any meal. This cauliflower mash is also a great addition to your keto holiday meal. You can use fresh or frozen cauliflower just make sure you dry it as much as possible.

Ingredients:

- 1 Head Cauliflower
- 2 TBSP Butter
- 1 TBSP Olive Oil
- 2 oz Cream Cheese
- 1/4 Cup Parmesan Cheese (shredded)
- 3 cloves Minced Garlic
- 1 tsp Garlic Powder
- 1 tsp Onion Powder
- 2 TBSP dried Chives
- 1/4 tsp Salt
- 1/2 tsp Black Pepper



Instructions:

Start out by cutting up and rinsing your head of cauliflower. Add it to a pot with a cup of water and steam it for about 10 to 15 minutes or until it is tender. You can also do this in the microwave.

While the cauliflower is cooking, add your butter and olive oil to a small skillet and add in your minced garlic cloves. Allow this to cook on low until fragrant about 5 minutes and set aside.

Once your cauliflower is done, add it into a bowl and start adding in the remainder of your ingredients: seasonings, parmesan cheese, cream cheese and also make sure you add in all the oil and butter from the garlic this will really help with the flavor of your cauliflower mash.

Next, add your Cauliflower Mash to a food processor or if you do not have one, you can mash it by hand too with a potato masher. The food processor works really well for a smooth and creamy cauliflower mash and a blender can work also just keep an eye on it so you don't over blend it and it becomes more of a puree.

Once it gets to the consistency you like then your cauliflower mash is ready to eat.

Servings: 1/2 Cup

Macros Per Serving:

Net Carbs: 2 Fiber: 2 Total Carbs: 4 Protein: 3.5 Fat: 9 Calories: 113
