

Super Fast Garlic Rosemary Cauliflower Mash



Recipe makes 4 servings

PLATE SECTIONS FULFILLED:



Protein



Fats



Carbohydrates



Vegetables



Extras

INGREDIENTS

- 1 large head cauliflower, chopped into florets
- 3 oz. Neufchatel cheese
- 2 tbsp unsalted butter or ghee
- 2 tbsp unsweetened almond milk (optional)
- 2 tsp fresh rosemary, finely chopped
- 1 ½ tsp garlic, diced
- ½ tsp sea salt
- ½ tsp pepper

INSTRUCTIONS

1. Bring a large pot of salted water to a boil.
2. Drop in the cauliflower, and cook for 8 mins or until fork tender.
3. Drain and place in a food processor. Add in the rest of the ingredients, and process until smooth.