

# KI'S CAULIFLOWER MASH

## INGREDIENTS:

- 1 Cauliflower
- pink Himalayan salt
- black pepper
- Pinch of nutmeg
- 1 cup oat milk
- 2 tbsp Non dairy yogurt

## DIRECTIONS :

1. In a large pot bring 8 cups of water and 1 tsp salt to boil.
2. Clean cauliflower removing brown spots and greens and chop into 1" pieces
3. Put cauliflower in the water making sure that it covers the cauliflower. Add more water if needed
4. Boil about 10 minutes until it is no longer bright white but not soft (just past al dente)
4. Pour cooked cauliflower into a colander to strain and press out any extra water with the bottom of a mixing bowl. Press out as much water as you can.
5. In a high speed blender add the cauliflower so it fills about 3/4" of the container. Blend on high and add seasoning to taste until it looks smooth. Empty mash into a bowl and repeat for remaining cauliflower. Mix the batches together

Notes: make sure to remove as much water as you can or you will get mush instead of mash

Makes 4 serving Prep Time 10 min Cook Time 20 min