



Delicious Mashed Cauliflower – my own recipe!

1 head cauliflower
2-3 Tb ghee
Salt & pepper to taste

Chop the cauliflower however you like – doesn't have to be neat, since you're mashing it anyway! Toss it in a pot of boiling water and boil for 10-12 minutes or until soft. Put ghee, salt & pepper into a food processor. Drain cauliflower and add to food processor. Pulse until smooth and serve!