

Garlic and Chive Cauliflower Mash

This flavorful cauliflower mash pairs well with a wide range of beef, pork, chicken, and plant-based entrees.

Plus, it comes together in under 30 minutes, so it is perfect for those busy weeknights when you want to get a healthy dinner on the table without too much fuss.

Ingredients:

4 c. cauliflower florets, chopped into bite-sized pieces

6 oz. cream cheese, cut into chunks

¼ c. heavy cream

3 T. unsalted butter, softened

¼ t. garlic powder

½ t. dried dill

Sea salt and black pepper, to taste

1½ c. Italian cheese blend, shredded

4 strips bacon, cooked and crumbled

1 T. fresh chives, chopped



natural
awakenings

Prep time: 10 minutes

Cook time: 15 minutes

Serves: 4

Tip: Steaming the garlic along with the cauliflower will remove the raw edge and make it more tender.

1. Place the cauliflower florets and the garlic cloves into a steamer basket set over a pot of gently boiling water. Cover and steam until the cauliflower is fork-tender, around 15 minutes.
2. Transfer the cauliflower and garlic to a food processor or blender and add the olive oil, almond milk, garlic powder, and onion powder. Season with salt and black pepper, to taste, and process until smooth and creamy. Taste and adjust the seasonings, as desired.
3. Transfer to a serving bowl and top with fresh chives before serving. Enjoy!