

CAULI MASH

This is one of the fundamentals of Banting and Paleo eating. (From Real Meal Revolution).

By cheating the eyes you cheat the mind and it starts with lying to your eyes about mashed potatoes.

INGREDIENTS

1kg Cauliflower

300ml Milk

100g Butter

As needed Salt & Pepper

METHOD

Break the cauliflower into florets.

Steam the cauliflower until it is mushy. (Never boil your veggies, this literally washes the nutrients away).

Using a stick blender or food processor, puree the cauliflower until smooth.

Continue to puree, add the milk, then the butter and beat until smooth and silky.

Season to taste and serve.

