



"Fake" Mashed Potatoes Recipe

Ingredients:

1.5 lb raw cauliflower bunch
1/4 cup fat free milk
1/8 cup heart-healthy "butter spread"
1/4 tsp sea salt
1/2 tsp cracked pepper
2 cloves minced garlic
1/2 tsp garlic powder
1/8-1/4 cup reduced fat Parmesan or Swiss cheese (optional)

Directions:

Break up the cauliflower into smaller pieces or chop thoroughly. Steam cauliflower in microwave until tender and easily pierced.

Add the rest of the ingredients and blend in a high power blender or food processor. Serve very warm.

Nutritional Information Per 1/4 Batch:

Calories: 180
Fat: 7 Grams With Cheese, 2 Grams Without Cheese
Saturated Fat: 2 1/2 Grams
Protein: 4 Grams
Carbs: 2 Grams
Fiber: 1 Gram