



## **"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