



Mashed Cauliflower

Ingredients:

1 head of cauliflower

Seasoning (sea salt, oregano, and cracked white pepper; and for fats, grass-fed butter, ghee, or coconut oil).

Directions

1. Dice cauliflower into thumb-sized pieces and steam until mashable.
2. Using a food processor, blender, or sheer brute force, mix all the ingredients together to desired texture.
3. Season to taste and eat immediately.