

Mashed Cauliflower

Prep time:

10 minutes

Cooking time:

10 minutes

Yields:

4 people

Ingredients:

- 1 large cauliflower, chopped into florets
- 1 clove raw garlic
- 2 tbsp nutritional yeast
- 2 tbsp earth balance buttery spread
- salt & pepper to taste

Directions:

1. Place cauliflower in boiling water and cook until tender.
2. Drain the cauliflower well.
3. Place the cauliflower in a food processor and puree with remaining ingredients, seasoning with salt and pepper, to taste.