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Mashed Cauliflower

By Maggie Collins, MPH, RDN, CDCES, DipACLM

Ingredients

- 1 large cauliflower head
- 1 tablespoon light vegan butter or olive oil
- 3 cloves garlic, minced
- 1/4 cup Brazil nuts (optional)
- 1/4 cup unsweetened plain soy milk (optional)
- Salt to taste (start with 1/2 teaspoon)
- Fresh parsley, cilantro, or chives for garnishing (optional)

Instructions

1. Wash cauliflower, cut florets into even pieces, and steam until very tender (about 20 minutes).
2. In the meantime, sauté the garlic in the vegan butter in a small skillet over medium-low heat until slightly browned.
3. Transfer the cauliflower to a large food processor and process until puréed. Add the garlic butter, the Brazil nuts, the soy milk, and salt, and process until well combined.
4. Garnish with fresh herbs and serve warm.

Nutrition Facts

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Serving size	1 cup
Amount per serving	
Calories	120
% Daily Value*	
Total Fat 7	9
Saturated Fat 1.5	8
Cholesterol 0	0
Sodium 360	16
Total Carbohydrate 12	4
Dietary Fiber 5	18
Total Sugars 4	
Incl. 0 Added Sugars	0
Protein 6	
Vitamin D 0	0
Calcium 64	4
Iron 2	10
Potassium 703	15

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet, 2,000 calories a day is used for general nutrition advice.