



## Mashed Cauliflower w/ Garlic and Rosemary

Pic by WholeFoodsMarket

### Ingredients:

1 ½ Heads of Cauliflower

3 Tbsp Coconut Oil

One Onion, chopped

3 cloves of Garlic, chopped

2 tsp of dried Rosemary, crushed up

¾ cup of Coconut milk (from can)

Salt & Pepper to taste

### Method:

1. Cut cauliflower from stem and steam until tender.
2. In pot or pan, sauté chopped garlic, onion and rosemary in coconut oil until garlic begins to turn tan.
3. Put steamed cauliflower and sautéed ingredients into food processor. Process until desired smoothness. Salt and pepper to taste. Enjoy!