

Whipped Cauliflower “Potatoes”

Prep Time: 5 minutes
Cook Time: 10 minutes
Total Time: 15 minutes

Ingredients:

- 1 Head Cauliflower
- Coconut Oil or Olive Oil
- Sea Salt
- Flavoring of Choice

Directions:

1. Place cauliflower florets into a large pot with your vegetable steamer.
2. Steam with lid on over medium heat for 10-15 minutes or until cauliflower is tender to the touch of a fork.
3. Remove florets from the pot draining any excess water and place into your food processor with spices and oil.
4. Blend until smooth.
5. Tip - if you do not have a food processor you can use a hand potato masher.

DAMY Members - Enjoy whipped cauliflower with lunch or supper as part of your veggies.

<http://www.damyhealth.com/2015/02/whipped-cauliflower-potatoes/>

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