

Healthy Cauliflower Mashed Potatoes ★★★★★

Healthy Cauliflower Mashed Potatoes - A creamy, delicious, gluten free, low carb, paleo and vegan alternative to mashed potatoes.

Course Side Dish **Prep Time** 10 mins **Cook Time** 10 mins **Total Time** 20 mins

Servings 4 **Calories** 96 **Author** Elena Tomasi



Ingredients

- 1 medium head cauliflower (3 lbs / 1.3 Kg) trimmed and cut into florets
- 3 cloves garlic
- 1 tablespoon extra virgin olive oil
- 1/2 teaspoon salt
- 1/8 teaspoon freshly ground black pepper
- For garnish: chopped fresh thyme, extra virgin olive oil, homemade flavored salt, freshly ground black pepper

Instructions

1. Bring a large pot of salted water to a boil, add the cauliflower and garlic and cook for about 10 minutes or until the cauliflower is fork tender. Drain, return it back to the hot pan and let it stand for 2 to 3 minutes with the lid on.
2. Transfer the cauliflower and garlic to a food processor, add the olive oil, salt and pepper and purée until smooth. (You can also use a potato masher or hand blender).
3. Adjust the salt and pepper to taste.
4. Garnish with chopped fresh thyme, salt, pepper, and a drizzle of olive oil.
5. Serve immediately.
6. Enjoy!
7. *You can store the cauliflower mashed potatoes in the refrigerator for up to 3 days.

Notes

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Nutrition

Calories: 96kcal | Carbohydrates: 14g | Protein: 5.1g | Fat: 3.8g | Saturated Fat: 0.5g | Sodium: 366mg | Fiber: 6.3g | Sugar: 6g

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