

Cauliflower Mash



Ingredients

2-4 servings

- 1 head of Cauliflower (Cut into florets)
- 1/2 tsp Pink Himalayan Salt (divided)
- 1/2 cup Light Parmesan Cheese
- 1/2 cup 0% Plain Greek Yogurt
- 1 tsp Garlic Powder
- Ground Pepper to taste!

Directions

1. Cut cauliflower into florets and boil large pot of water.
(Add 1/4 tsp salt to pot)
2. Simmer cauliflower until tender (Roughly 12-15 minutes)
3. Drain cauliflower then add to food processor to blend
4. Add greek yogurt, parmesan cheese, remaining 1/4 tsp salt, and garlic powder
5. Blend and mix until smooth.

Tastes great as leftovers!

Top with chives or extra 5g of light cheese!

