



CREAMY CAULIFLOWER PUREE

Ingredients:

- 1 large (6-7" diameter) head of cauliflower
- 3 cloves of garlic
- 1/3 cup low fat buttermilk
- 4 tsp. extra extra-virgin olive oil
- 1 tsp. butter, salted
- ½ tsp. garlic salt
- ½ tsp. of black pepper

Nutritional Information:

- Servings: 4
- Servings size: 3/4 cup
- Calories: 113 kcal
- Fat: 6 g
- Carbohydrates: 13 g
- Cholesterol: 3 mg
- Sodium: 353 mg
- Sugar: 6 g
- Protein: 5 g

Instructions:

1. Break cauliflower into "2 x 2" pieces (or smaller) and put in large microwave safe bowl with ¼ cup water and whole garlic cloves and cover.
2. Microwave for 5 minutes or until cauliflower is very tender.
3. Use garlic press to crush garlic cloves and add them to food processor. Add cooked cauliflower to the food processor.
4. Add buttermilk, 2 tsps. of olive oil, butter, garlic salt, and pepper.
5. Process ingredients until smooth and creamy.
6. Drizzle the remaining 2 tsps. of olive oil on top and serve.