



Nonfat Cauliflower Mashed “Potatoes”

INGREDIENTS

- 1 head cauliflower
- 1/3 cup plain nonfat Greek yogurt
- 2 tablespoons light coconut milk
- 1 tablespoon water
- 1/2 teaspoon crushed garlic
- 1/2 teaspoon thyme
- 1 tablespoon chopped chives
- Salt & pepper to taste

INSTRUCTIONS

1. Cut up the cauliflower head and steam for 10 – 15 minutes or until soft.
2. Transfer into food processor. (You may need to do this in batches.)
3. Add light coconut milk, water, and nonfat Greek yogurt.
4. Pulse until you get the consistency of mashed potatoes.
5. Add thyme, garlic, salt and pepper.
6. Pulse until all is combined and you are happy with the consistency.
7. Transfer to a serving dish and top with fresh chives.

*Serves 6, 1/2 cup each: 39 calories,
7 grams carbs, 0 grams fat, 4 grams protein*