

## Mashed Cauliflower

My husband's doctor recommended a low carb, keto diet. He is really missing his favorite foods... until I made this creamy mashed cauliflower! 15 minutes, start to finish and is a Winner!

Plunked the whole head of cauliflower into the pot, added chicken broth (Better than Bouillon), broke off the florets and used my immersion blender, right in the pot. You can use a potato masher, as well. 😊

Roasted garlic, Parm cheese are really good mixed into the mashed cauliflower.

What do you like to add or serve on top of mashed cauliflower?

Edit: recipe is in first comment 😊

